Fostering Positive Relationships with Rural Alaska Communities

How to Make LOTS of Fry Bread, aka Mukpuk

Wales, Alaska - Summer 2012

By: DGGS Coastal Hazards Team

Our Teacher: MaryAnn

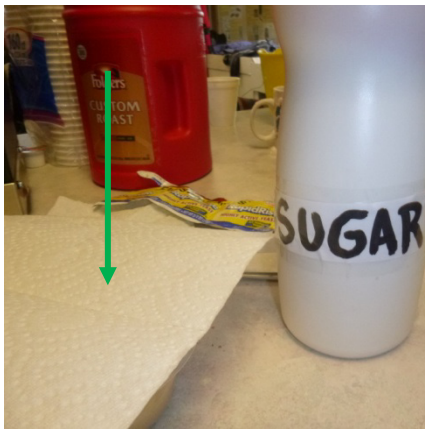
Yield: This recipe yields one donut per resident of Wales (as of the 2012 Census)

Ingredients:

½ cup warm water
2 active yeast packets
½ teaspoon sugar
Some salt
1 cup milk (canned will make it browner)
1 cup sugar (or 1 ½ cups to taste)
5 cups water
4 eggs
Copious amounts of flour
2 pounds of Crisco or your favorite seal oil (Niksuk Oil, Ugruk is best)[1]

Instructions:

1. In a small bowl add 2 yeast packets and ½ teaspoon of sugar to ½ cup warm water, stir and cover with towel:



[1] you really only need one pound of Crisco, but "the other pound will always come in handy"

2. In a VERY large bowl add 1 or 1 ½ cup(s) sugar, some salt and 4 eggs to 1 cup milk and 5 cups of water. Stir.

…and don't forget to add the eggs like we almost did!!

3. Once the yeast mixture is foamy, add mixture to very large bowl and combine.

← We took this photo too late. Trust us, it was foamy.

4. Gradually add flour to large bowl, stirring continuously, until thick enough to knead.

5. Knead in additional flour until firm but slightly sticky. (Too much flour = dense fry bread)

6. Cover and let rise for one hour.

7. Cut 1/5 of dough from bowl with knife and roll out on floured surface to approximately 1 cm thick:

8. Use and empty tin can to cut circular pieces of dough, then perforate center of dough with fingers.[2] Allow to rise on platter for approximately 15 minutes. (Do not stack!)

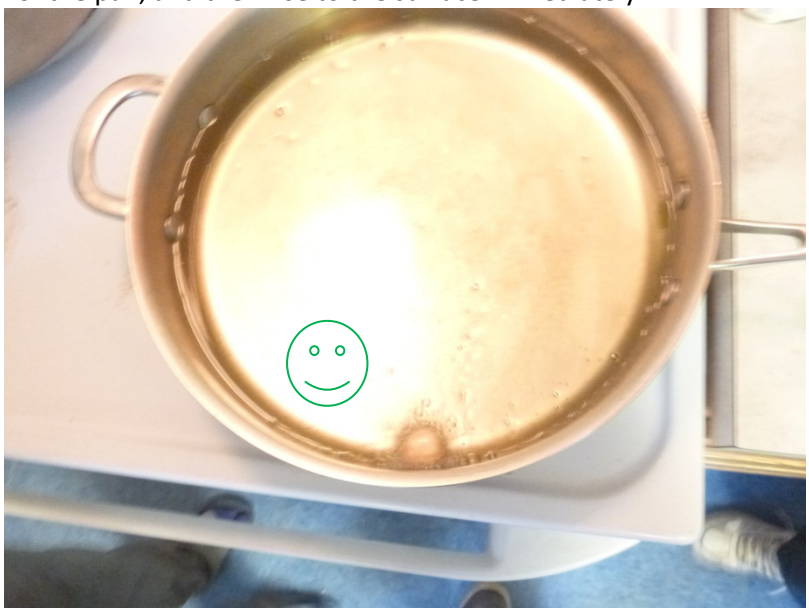
9. Repeat with remaining dough in similar sections. This takes a while – having more people helps.

[2] Other shapes such as twists are encouraged

10. Melt 1 pound of Crisco in a large deep sided frying pan.

If you think you have added enough Crisco, you have not. MaryAnn will tell you to add more (video).

11. Test temperature of oil by dropping a small amount of dough in the oil. The dough should sink to the bottom of the pan, and then rise to the surface immediately.



12. When ready, gently slip bread into oil. Flip with fork once browned on one side.

13. Remove from oil when both sides are lightly browned. Place on paper towels, but do not stack, to prevent the oil congealing.

← This requires careful concentration.

14. You can consume at this point OR you can also add any of your favorite icings or seasonings.

As shown in the photo below, there is a direct relationship between the happiness of Russian businessmen who ride jet-skis and their proximity to giant plates of Mukpuk.