

# Tulalip Lushootseed Family Activity

## Frybread

## Hunting & Feasting Unit

### Activity Overview:

We will be making frybread. After colonization and relocation, many Tribes were displaced to work the unfamiliar land, so the government gave them boxes of supplemental foods. Our ancestors were so resilient that they utilized these items to make survival food, and frybread was born.

Hunting and feasting explores how our ancestors hunted for big game and preserved the various foods for the long winters.

## Lushootseed

číx səpləl - frybread

k<sup>w</sup>uk<sup>w</sup>cut - cook

ʔəstag<sup>w</sup>əx<sup>w</sup> čəx<sup>w</sup> ʔu  
Are you hungry?

ʔi - Yes

ʔəsχałtx<sup>w</sup> čəx<sup>w</sup> ʔu k<sup>w</sup>i číx  
səpləl - Do you want some  
frybread?

ʔi - Yes

stab k<sup>w</sup>(i) adsʔuʔəłəd  
What are you eating?

ʔuʔəłəd čəd ʔə ti číx səpləl  
I am eating frybread

ʔəsčal k<sup>w</sup>i dəx<sup>w</sup>paʔ  
How does it taste?

haʔł - Good

x<sup>w</sup>iʔ ləhaʔł - No Good

# Procedures/Instructions



*Commodity Frybread Ingredients yields 6 pieces*

2 cups flour

½ cup instant dry milk

1 TBS baking powder

½ tsp salt

2 TBS shortening (+ additional for deep frying)

¾ cup warm water

*Preparation*

1. Mix together dry ingredients. Add shortening and rub mixture with fingers until coarse crumbs form. Add water and stir with a fork until dough clings together. Cover dough with towel and allow to set and rise, about 30-45 minutes.
2. Place dough on lightly floured board, and knead dough until smooth. (2-3 minutes) Divide dough into 6 equal portions and keep covered with plastic wrap. Shape each portion of dough into a ball, then use a floured rolling pin to roll out 6-7 in. round patties. These patties should be about ¼-1/2 in. in thickness.
3. Make a hole in the center of each round to ensure even cooking.
4. Heat shortening to 365°F. Deep fry each round in shortening. Wait for edges of bread to brown (about 1-2 mins) then turn with a pair of tongs. Fry 1-2 minutes on second side, then place on paper towels to drain oil. Now add your toppings and enjoy. (see video)