



# FRY BREAD (PARAOA PARAI)

One of my cherished memories growing up was time spent with my nana (R.I.P.) and the yummy food that she would prepare for us grandkids, in particular I was very fond of her fry breads, with lashings of butter, home-made Black Doris plum jam and a cup of hot Milo - simply put "soul food!"

In this article I am going to share this family favourite and whilst not directly barbecue related, fry breads are a great side or as an alternative to the traditional burger bun and are a real crowd pleaser no matter how served.

## LET'S GET STARTED...

Time: 1 hour  
Makes 8

### INGREDIENTS:

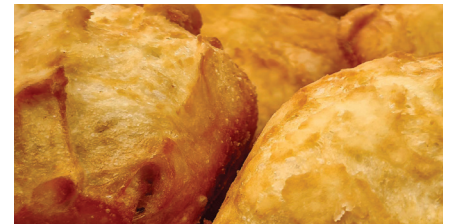
- 1 Tbsp Standard flour
- 1 Tbsp White sugar
- 1 Tbsp Active yeast

- 1 Cup Milk
- 1 Cup Hot water
- 4 Cups Standard flour
- Canola oil for frying

### METHOD:

**1.** Add the first measure of flour and sugar to a bowl, add milk and warm water. Mix together until combined. Add active yeast and set aside for 10 minutes. The yeast mixture will bubble and when fully activated resemble a soft sponge in appearance.

2. Add the second measure of flour to another large bowl and slowly add the yeast mixture. Fold together until combined and gently kneed till smooth - you may need to add a little extra flour to ensure the dough is not "wet".
3. Cover and set aside in a warm part of the kitchen for 45mins. The dough will double in size.
4. Heat the frying oil to 175c. (I use a large electric frying pan for this with approximately 4cms/4lts of Canola oil)
5. Once the dough has doubled, turn out onto a lightly floured surface and roll to a thickness of approximately 2cms. With a long knife cut in to desired portions - 6x6cm square will yield 8 pieces.
6. Set aside for 15mins to proof the dough further.
7. When the oil has reached 175c, gently lower the dough into the oil and cook until both sides are golden brown (5 or so minutes).
8. Remove breads, place onto a cake rack and rest for 5 minutes. 🍴



**THERE YOU HAVE IT,  
SIMPLY DELICIOUS -  
ENJOY!**



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