

## **Indian Puffy Bread (Brian Keck)**

1 c. sifted wholewheat flour  
1 c. sifted unbleached all-purpose flour  
½ t. salt  
2 T. vegetable oil  
vegetable oil for deep-frying

Put the flours and salt into a mixing bowl. Drizzle the 2 T. of oil over the top. Rub the oil in with fingertips until the mixture feels like bread crumbs. Slowly pour water into the mixture until it forms a stiff ball of dough. Place the ball on a clean work space and knead it for 10-12 minutes until smooth. Form it into a ball again, rub ¼ t. oil onto the ball and place it into a plastic storage bag. Seal the bag and let it sit for 30 minutes.

Pour vegetable oil into a wok or deep frying pan until it is about 1" deep. Heat over medium heat until it is very hot.

After the 30 minutes, knead dough again and divide it into 12 equal portions. Flatten each portion with a rolling pin until it is very thin (maybe about ⅛" thick). Carefully slide the thin dough down the edge of the wok into the oil. It will rise to the top and sizzle for a few seconds then will puff up like a balloon. When it has finished puffing, flip it and cook the other side for about 10 seconds. Remove it from the oil with a slotted spoon and place it on a plate lined with paper towels. Serve them hot with butter, honey, maple syrup, etc.

"My kids loved this bread because it not only tastes good but it is fun to watch it puff up when it cooks. Now even my grandchildren ask for it when I'm around."