

## Ingredients

- 3 cups flour
- 3 tsp baking powder
- 1 cup dry milk
- 2 Tbs sugar
- 1 Tbs salt
- 3 cups water

## Directions

Stir dry ingredients together lightly.

Add the water all at once.

Making a well in the flour, stir flour lightly into the water until it is the consistency of pudding.

Then stir in more flour from the edges of the bowl and work in by hand gently until dough feels like soft sponge.

Shape into flat cakes by gently turning the dough in circles while at the same time squeezing it lightly.

Fry in 1 inch of melted shortening in a heavy open skillet until bread is crisp and brown on both sides.

Makes 3 doz.

## Story

Jeanette Weaskus, the Nez Perce scholar we've been working with on our current IHC project, sent me this ancient clipping of recipes from Mari Watters, who was one of our Nez Perce interview subjects back in 1990, and also a good friend and mentor to me. Jeanette is either a relative of Mari's, or someone who clearly knew her well. Jeanette called it "a famous article," and it's from the Lewiston Morning Tribune written in 1976.

Recipe for: Fried Bread

From the kitchen of: Mari Watters via Jane Fritz

Modern hunters feast on traditional Nez Perce Indian fare