**Rose Noonday Everyone Loves My Frybread**

Once a month, I cook at the meetings our Band has at our community center. I try to cook different things, but I always make some fry bread every month. If I don’t have it, everybody asks where it is.

I was small – about five or six years old – when my mom taught me how to make fry bread. I learned from watching her. And through the years I kept it up. When I went away to boarding school, I kind of lost the ability. But when I would come home, I would relearn.  I helped my mother cook because she was sick. Whatever she wanted me to cook, I would fix.

Here’s how you make fry bread: get a bowl and put your flour in there and make a sort of dent in the flour. You need baking powder and salt. I put some sugar in mine, and sometimes I use powdered milk. Then you stir in warm water until it gets soft and the dough sticks together. And then you knead it down and fry it. I use vegetable oil to fry. Your flame can’t be too high, otherwise you will burn the bread, so there’s a little trick to it. But really, it’s simple to make.

I was even on TV on KARE 11 once making fry bread. Gaylene Spolarich, a woman who used to work at our community center and now works for the National Society of American Indian Elders, asked me one day if I wanted to go down to the Cities. I asked her what for, and she said I want you to appear with me on TV. I told her no, I can’t do that! But then I asked her what we would be doing, and she said I would make fry bread, so I told her I would go.

When we went on TV, I had to write down my recipe. I usually just put in what seems right, so before we went to the Cities, I wrote it down: five cups of flour, four teaspoons of baking powder, one teaspoon of sugar, etc. I use heaping teaspoons. The salt I don’t measure, I just put it in.

They gave us just a few minutes of airtime, and they told us to set our stuff out and start making the bread ahead of time. So I made my dough, fried it up, put it out, and covered it up in time for the show. The woman on the show picked up my bread and said it’s so nice and brown, and so delicious. The mayor of Minneapolis was there, too. He came over and asked for some bread. All the bread went because everyone wanted to try it, and I told them to help themselves.

Everybody likes my fry bread. My nieces come to cut my grass and I want to pay them, but they won’t take any money. So I make them fry bread, and they are happy.

I used to do crafts, too, but now my fingers are getting old, so I can only knead fry bread dough. I have arthritis, but I don’t let that bother me. I still try to do stuff. I work an hour each day at our community center answering phones, and I cook for the community meetings. I’d rather be busy than sitting around.