



Fry Jacks



2 servings



20 mins +
overnight

INGREDIENTS

- 1 ¼ cup All Purpose Flour
(+ extra on the side)*
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon Gluten*
- 1 Tablespoon Shortening
- ½ cup water (more if needed)
- Vegetable Oil or Shortening

DIRECTIONS

1. Mix the flour, baking powder, salt & gluten together in a bowl.
2. Add the shortening and mix with the flour mixture.
3. Add the water and mix with your hands until you form a non-sticky ball (This is where you would add more flour or water as needed. Add 1 Tablespoon at a time of one or the other)
4. Remove the dough ball from the bowl and knead for a few minutes. Then let the dough sit for about 10 minutes.
5. Take the dough ball and pull dough off to make 4 smaller balls.
6. Roll each ball separately, wrap in plastic wrap, and put in frig overnight.
7. Start as if you are making a tortilla by stretching it out by hand and on the flat surface.
8. Cut it into quarters with a knife (or in ½ for larger Fry Jacks).
9. Heat vegetable oil in a skillet.
10. Carefully place the tortilla pieces in the hot vegetable oil.
11. They will puff up, creating Fry Jacks!
12. Turn the Fry Jacks once or twice until lightly browned. Just a few seconds on each side.
13. Remove from oil and drain.

Eat them plain or stuff them with eggs, cheese, etc.

You can also drizzle honey on them, or eat with jelly.

The possibilities are endless!