

HOPI INDIANS USE BREAD FOR SPOON AND FORK

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I sent a copy of Tundra Times down to the Hopi Reservation in New Mexico and got

back some nice letters in one of which was a Hopi recipe for bread, and the writer claimed she found that typical Hopi bread frequently serves as the plate, spoon or fork in the Southwest.

The bread is a large, round, slightly leavened flat loaf which dries out quickly in that country because it contains no milk or shortening. A portion of it is put away each day as a starter in place of yeast in making bread the next day.

Use dry yeast in $2\frac{1}{4}$ cups of warm water.

2 tablespoons of sugar.

$2\frac{1}{2}$ cups flour.

Let stand overnight then stir in 3 cups warm water, one tablespoon salt, 9 cups flour.

Let it raise and then punch it down.

Always keep one-third of the roll for a starter. Make up the rest into balls then roll into thin disks. Ground corn can be used with the flour. The bread is flat, much like Swedish bread or hard-tack.

It tastes a little like Alaska sourdough bread but not quite.

It can be spread out over a hot rock to cook in a frying pan tipped up to the campfire, or in the huge semi-Dutch ovens of the Hopi.

This bread is dipped into stew or soup, as they say, used as a spoon, plate or fork. After the soup is eaten, the spoon is then also eaten.

There are four races of Pueblo Indians, one of which is the Hopi.