

## Fantastic Friday | Week 4

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### My recipe in the WFIA Legislative Member Cookbook

This week, advocates from the Washington Food Industry Association unveiled the long-anticipated 2020 Legislative Member Cookbook! I was honored to submit a Multigrain Fry Bread recipe, which was developed in collaboration with the Washington State University Bread Lab. The WSU Bread Lab, located in the beautiful Skagit Valley I call home, conducts research on thousands of lines of wheat, barley, buckwheat and other small grains to identify those that perform well for farmers, and that are most suitable for craft baking, cooking, malting, brewing, and distilling. Through

innovation and discovery, and an appreciation of the culture and traditions that define what we eat, the WSU Bread Lab plays a major role in moving food systems in more meaningful and just directions.

Last November, I visited the WSU Bread Lab and participated in their annual Bake for Good event. Afterwards, Dr. Stephen Jones, Director of the Bread Lab, provided me a tour of their impressive space. I was honored to walk into the sanctuary that holds 8,000 seed varieties that go back 500 years. I don't know if you have ever stepped into a longhouse, but it was that same overwhelming feeling for me. When you step into a longhouse, there are thousands of voices from the past and the future echoing through the place; and this was what I heard when I stood among those seeds. The seeds carry the voices of the past and the future; they carry the journey they took to come into the Skagit and they carry the journey of where they will go next. I hope you too can enjoy our recipe.

**MULTIGRAIN FRY BREAD**  
SUBMISSION BY: REP. DEBRA LEKANOFF (40TH)

**INGREDIENTS:**

**Note:** When substituting whole grain flour for white flour it is important to add more water or liquid to the recipe, as was done here. For lighter-colored breads, try using hard white whole wheat instead of hard red whole wheat. Regionally grown, fresh milled grains are the most flavorful. Small mill attachments for stand mixers or other small mills work well for this type of bread. As with any bread recipe, learn to work with it and adjust volumes as needed.

1 cup (240 g) whole wheat flour  
1/2 cup (65 g) cornmeal  
1/2 cup (50 g) whole rye flour  
1/2 tsp. (2 g) salt  
1 tsp. (5 g) baking powder  
3/4 cup and 1 TBSP. (200 g) water

**Alternative for Sourdough Fry Bread (a good usage for leftover sourdough starter):**

1 1/2 cups (240 g) whole wheat flour  
1/4 cup (100 g) sourdough starter  
1/2 tsp (2 g) salt  
1 tsp (5 g) baking powder  
3/4 cup (165 g) water

**DIRECTIONS:**

Yields approximately 6 fry breads.

- Heat about 1 inch of cooking oil in a cast iron skillet to 350°.
- Combine all ingredients in a large bowl.
- Mix until it becomes a shaggy dough.
- Briefly knead until smooth (3-4 times).
- Let rest for 20 minutes.
- Divide into equal golf-ball-sized pieces, each weighing approximately 2 ounces.
- On a lightly floured surface, either roll out or pat each piece into a flat oval, approximately 1/4 inch thick (the thinner, the crispier the bread will be).
- Carefully slip 1 or 2 pieces into hot oil, depending on the size of your cast-iron pan.
- Cook 1-2 minutes on each side, or until golden brown to your liking (the darker the color, the crispier).
- Remove with tongs or a slotted spoon and cool slightly.
- Serve with toppings such as a drizzle of honey and a sprinkling of salt or whatever sounds appealing.

**BACKGROUND**

My Alaska Native roots come from the Tlingit and Aleut tribes, and the place I call home is a rural southeast community called Yakutat. I am part salmon people and part seal people, as these are the foods that make up my past, present and future. Imagine what you can do when you are a unique combination of two worlds. With my historical relationships, I understand the values, connection and love of the environment and resources that sustains our way of life. The knowledge and relationships of salmon eggs in one hand and seeds in the other has helped me grow into my leadership in the 40th Legislative District. Foods define who we are and where we come from, and when the US government introduced commodity foods to tribal communities, they took the lard, flour, salt and powdered milk and made a staple food. Across native communities, you will find variations of fry bread recipes that were passed down generation to generation. My mother has passed our version down to me and my daughter. Fry bread is significant to me, my family and my culture; it links together multiple generations and connects us in the present to those in the past and future. It was an honor to collaborate with the Washington State University Bread Lab on developing this fry bread recipe using nutritious and local whole grains. I want to thank them for the crucial research they do in the Skagit Valley and beyond.

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Thank you all for taking to the time to read this week's Fantastic Friday, and for taking an interest in our progress at the House of Representatives. I will be sending out a Fantastic Friday letter each week throughout the legislative session.

Please feel free to reach out to me using the information below, with any questions, inquiries, or concerns you may have.

I am here for you!

All best wishes,

Rep. Debra Lekanoff

