



USA

United States of America

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The **United States of America** (also referred to as the **United States**, the **U.S.**, the **USA**, or **America**) is a **federal constitutional republic** comprising **fifty states** and a **federal district**. The country is situated mostly in central **North America**, where its **forty-eight contiguous states** and **Washington, D.C.**, the **capital district**, lie between the **Pacific** and **Atlantic Oceans**, bordered by **Canada** to the north and **Mexico** to the south. The state of **Alaska** is in the northwest of the continent, with **Canada** to the east and **Russia** to the west across the **Bering Strait**. The state of **Hawaii** is an **archipelago** in the mid-Pacific. The country also possesses **several territories** in the **Caribbean** and Pacific.



Barack Hussein Obama

is the **44th** and **current President of the United States**. He is the **first African American** to hold the office. Obama previously served as a **United States Senator in Illinois**, from January 2005 until he resigned after **his election** to the presidency in November 2008.

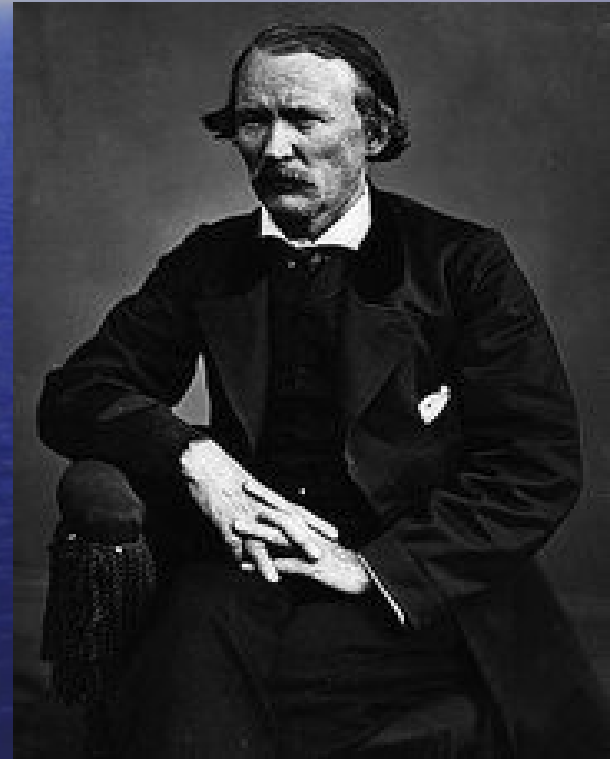
A native of **Honolulu, Hawaii**, Obama is a graduate of **Columbia University** and **Harvard Law School**, where he was the president of the **Harvard Law Review**. He was a **community organizer** in Chicago before earning his **law degree**. He worked as a **civil rights attorney** in Chicago and taught **constitutional law** at the **University of Chicago Law School** from 1992 to 2004.



American Food

The History of Fry Bread

- Fry bread is considered to be a “traditional food”, however it evolved in the mid-19th century. It all began with an American scout called Kit Carson (on the right) and his troops, who drove the Navajo people from their lands by destroying their means of survival. They killed sheep, goats, and horses; poisoned wells; burned orchards and crops; and destroyed shelters.
- They then rounded up thousands of starving Navajo and sent them on the "Long Walk" to Fort Sumner at Bosque Redondo, New Mexico.



- The Navajos were imprisoned at Fort Sumner for four years. While the Navajos were at Fort Sumner, they were only given white flour and lard.
- With the white flour and lard, the Navajo women at Fort Sumner had to use poor-quality rations (provided by the United States government) to make their meals. Here, the Navajo women combined everything and fried it on a hot pan with lard.



Fry Bread - Pan-Indian Food

- Fry Bread is an all-purpose flat bread that is considered to be a staple of Indian cuisine (originally a staple of Navajo cuisine).
- Fry bread is an integral menu item at tribal and family gatherings and a good fry bread maker is honored in Native American communities.
- Fry Bread has become an Pan Native American food because it has been adopted in all Native American cultures.

Different forms of Fry Bread

- The different ways fry bread are used today are:
 - The Indian Taco (formerly called the Navajo Taco), which is one of the most famous kinds of fry bread. (As seen on the top right)
 - The Indian Taco is a fry bread covered with ground beef, pinto beans, tomatoes, and lettuce.
 - Fry bread covered with either honey or powder sugar to become widely known as a sweet treat. (As seen on the bottom right)
 - The Indian Burger is two pieces of fry bread encasing a large beef patty covered with various toppings and sauces.
 - The Indian Hot Dog is a fry bread wrapped around a long piece of sausage covered with various sauces and/or toppings.



How to make Fry Bread

- Ingredients:
 - 2 cups all-purpose flour
 - 2 teaspoons baking powder
 - 1/4 cup instant nonfat dry milk
 - 1/4 teaspoon salt
 - Warm water
 - Vegetable Oil
 - Honey or powdered sugar
- In a large bowl, combine flour, baking powder, dry milk, and salt. Slowly add enough warm water to form a workable dough (start by adding 1 cups of water, then more if needed); knead until smooth but still slightly sticky. Cover the bowl with plastic wrap and let the dough rest at room temperature for at least 30 minutes or up to 2 hours. After resting, divide dough into 4 equal pieces.

- On a lightly floured surface, roll each piece of dough into a small ball and pat into a flat circle about 8 inches in diameter and 1/4 inch thick (it will puff up a lot); cut a steam vent in the middle of each circle of dough.
- In a large, deep frying pan, heat 1 to 2 inches of vegetable oil (enough oil to flat the dough) to 357 degrees Fahrenheit. Fry the dough pieces, one at a time and turning once, for 2 minutes on each side or until golden brown (the bread will puff slightly and become crisp and brown). Remove from hot oil and drain on paper towels. Keep warm until ready to serve.
- This recipe is the original Navajo recipe for fry bread and makes about 4 servings of Navajo fry breads.
- Other recipes of fry bread can be found online as each tribe throughout North America has their own version of fry bread.
 - Each recipe differs in the ingredients used and method of cooking but all are based on this original recipe.

How to make an Indian Taco

- Ingredients:
 - 1 pound lean ground meat (beef, lamb, venison or pork)
 - 1 cup diced onion
 - 4 cooked Navajo Fry Breads (see recipe above)
 - 1 head iceberg lettuce, shredded
 - 3 tomatoes, diced
 - 2 cups shredded sharp Cheddar cheese
 - 1 (3-ounce) can diced green chilies, drained
 - Sour cream (optional)
- In a large frying pan over medium-high heat, brown ground meat and onions until cooked; remove from heat.

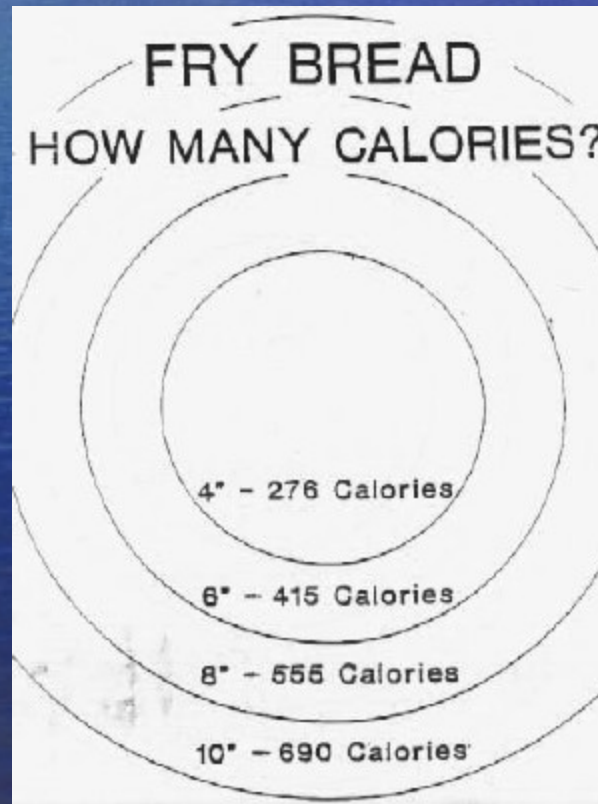
- Place Fry Bread, cupped side up, on separate plates.
- Layer ground meat, lettuce, tomatoes, Cheddar cheese, and green chilies onto top of each Fry Bread.
- Top with sour cream, if desired, and either roll up or serve open-faced with a fork.



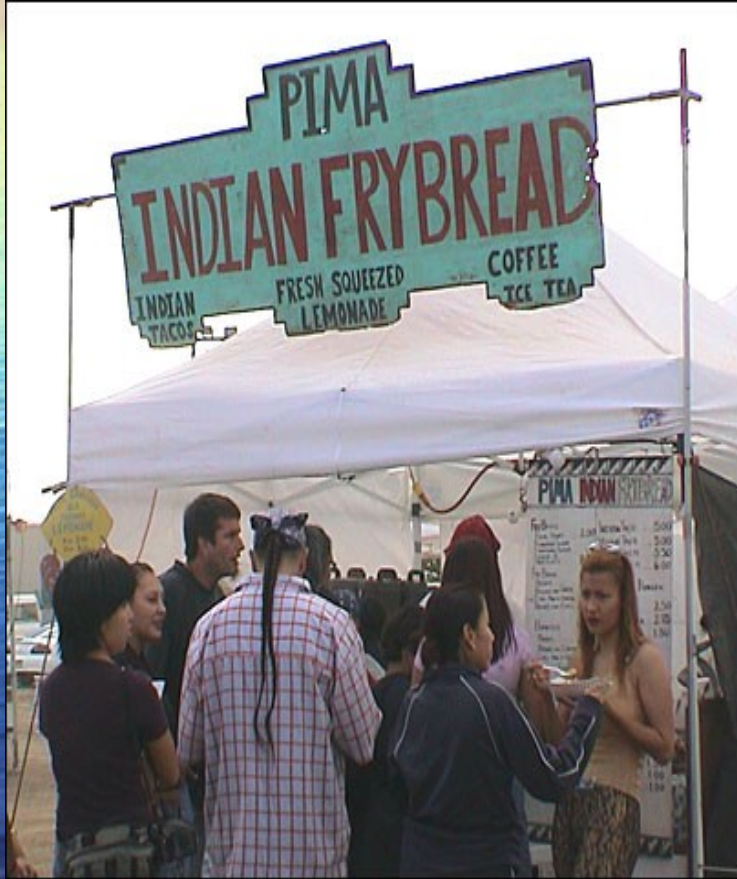
Fry Bread as a Symbol

- In today's Native American society, fry bread has become a symbol that represents the overall Pan-Indian culture and intertribal unity.
 - It is a symbol that many American Indians are proud to show as some have created phrases like "Fry Bread Power," which are now printed onto shirts, bumper stickers, and other various things.
 - Some have even dedicated websites on fry bread and its symbolism to Pan-Indian culture and intertribal unity.


- Despite the healthier version of fry bread, many have argued that that isn't enough to stop the increasing rate of obesity and type II diabetes in Native Americans.
 - Instead, American Indians are being persuaded to save fry bread for highly special occasions only, thus limiting its consumption.
- The fry bread debate still continues today with no definite solution.



Photos







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sources:
wikipedia
ro.wikipedia.org/

