

Yeast Breads - Indian Fry Bread Taco

Summary

Another lab experience allowing the students to use Rhodes frozen dough, a convenience product, to prepare another class of yeast breads as they will deep-fat fry the thawed dough and individually prepare Indian Fry Bread Tacos.

Main Core Tie

Dietetics and Nutrition 1

[Strand 4 Standard 1](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Indian Fry Bread Taco Recipe

Lab Planning Sheet

Yeast Bread Crossword Puzzle

Ingredients needed per unit:

4 Rhodes Texas rolls (1 per student)

1 cup refried beans

1/2 lb. ground beef

1/4 onion

1 tomato

1 cup lettuce

1 cup cheese

salsa

oil for frying in large fry pan

Background for Teachers

The teacher needs to know what to look for when shopping for the frozen dough, how to use it in a variety of ways and how to bake it for the best quality. Rhodes frozen dough is a yeast dough used as a convenience in the kitchen in the preparation of many bread products. Many suggestions are available on-line at www.rhodesbread.com.

If time is available, call and get a demonstrator to come and demonstrate their variety of products and uses of the dough for the students.

Student Prior Knowledge

The student would need to know how to handle and use frozen dough in the preparation of a bread product.

Intended Learning Outcomes

The student will apply the principles they have learned in preparing a deep-fat fried food using an

alternative to preparing their own yeast dough and using a convenience food, Rhodes frozen dough in the preparation of a Indian Fry Bread Taco.

Instructional Procedures

Advance preparation: Place 1 frozen Rhodes Texas roll (per person) in the refrigerator to thaw overnight before class. Prior to class, have the ingredients precut, measured and wrapped for each of the units and on the supply table.

Talk about Rhodes frozen dough with the class. You may have a handout that you can pass out to the students or some recipes. Some suggestions for discussion:

When shopping, make sure dough is frozen solid.

Rolls or loaves should be separate, not sticking together.

Use the dough well before the expiration date printed on the plastic Kwik Lok.

Allow plenty of time for thawing.

Always spray pan with non-stick cooking spray and cover frozen dough with plastic wrap that has been sprayed while thawing and rising.

Allow frozen dough to rise in a draft free, warm location until doubles in size.

Do not refreeze thawed dough.

Use the proper pan size for a 1 lb. loaf of bread and spray pan with a non-stick cooking spray.

Share some ideas or recipes to use with the frozen dough. You may want to prepare some samples for the students to eat with other products.

Hand out the Indian Fry Bread Taco recipe, Lab Planning Sheet and Yeast Bread Crossword Puzzle.

The students can work on the puzzle if they have time during the lab.

Read and explain the recipe to the class. Go through the steps on how to prepare the dough for frying and with the other ingredients for the recipe.

Talk about frying of foods using hot oil. The importance of using the correct temperature for the oil and the Safety precautions when working with hot oil. I use one large electric fry pan for the entire class. I fill it with oil and place it on a large tray to catch spills and splatters. I place it in the front of the class by my area, so I can monitor the cooking. The units can come up one by one when they are ready to fry their tacos.

Once the tacos are fried and are ready to assemble, each student can prepare their own, set their table and eat. Make sure you allow enough time to clean up before the bell.

Bibliography

"Rhodes Frozen Dough in the Classroom" Resources from Rhodes Bake N Serv.

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