Food TV
Navajo Tacos and Beans Transcript

Beans for Navajo tacos
Alright, we’re going to start off by making the beans for the Navajo tacos and we’re going to start with a pot with some water in it. It’s about half full right now, and we’re going to go put that over here and let it heat up a little. So now, we’re going to take some beans and then we’re going to add them. And we’re going to clean these off.

After you clean them you put them in the pot. And then you’re going to add just a little bit of salt. Make sure you mix it, that way the water dissolves in there, that way you can get the flavor in. And now you’re going to let it cook for at least a good three to four hours. And there’s the beans.

Navajo Tacos
Hello, Yáá tey hey. Today we’re going to be making Navajo tacos. We’re going to start off by using a saucepan, and we’re going to get some water. We’re going to let this boil for a little bit. And then we’re going to get some flour. First of all we’re going to make the dough. So, we’re going to get about two cups. And then, we’re going to get some baking powder. We’re going to mix them together and we’re going to get some salt.

After we have them all mixed, we’re going to mix them all together. We’re going to get some hot water, and we’re going to mix it in. If you need a little bit more water you just add to it. If it gets too sticky, add some more flour.

And then, you’re going to let this sit for at least a good ten minutes. This is what you’ll get and you just cover it. And then, this is what you get after ten minutes. Then you get a frying pan and here and you’re going to heat it up with some vegetable oil.

You’re going to let the oil heat up for about a good five minutes until it gets really hot, and then we’re ready to make the frybread. Make sure to even out the middle so it’s nice and thin so it will fry and stretch out the sides. This is what the Navajos call dá há dí nil ghaz, which means frybread. You add the bread to the oil and you fry it. Turn it until it’s nice and golden brown. It looks like it’s ready now. Add it to the plate, and then you add some beans. Then dice up some tomatoes and some lettuce and shred some cheese. And there you have a Navajo taco.

 Featuring Lanelle Pahe