



Media Release

Kingston Frontenac Public Library
Jake Miller, Programming and Outreach Librarian
613-549-8888 ext 3522
jmiller@kfpl.ca

FOR RELEASE NOVEMBER 22, 2021

Feasting together: learn to make Indigenous fry bread

While the weather grows colder, a toasty kitchen and tasty treat are sure to provide warmth and comfort. Join Kingston Frontenac Public Library and St. Lawrence College Indigenous Student Advisor Jessie Pengelly in learning how to make Indigenous fry bread.

In this live, virtual cooking session, participants will learn to make a staple from our region's Indigenous cuisine. Golden brown, crispy-fried outside, tender and chewy on the inside -- fry bread is as delicious as it sounds. For some, fry bread is a symbol of resilience as it was developed from rations provided by colonial settler governments.

The recipe is simple and ingredients are listed [on the event page of our website](#).

"Fry bread is one of those things everyone wants to see at a feast, no matter the season," said Jake Miller, Programming and Outreach Librarian. "Pair with mushroom or Three Sisters soup and bang! You have everything you need for a large social or an evening inside. Food is essential to cultural identity and this is a great starter dish for anybody wanting to start cooking Indigenous cuisines."

The workshop runs from 1 to 2 p.m Wednesday, Dec. 8.

Register online at <https://calendar.kfpl.ca/event/5795447> or over the phone at 613-549-8888. Participants will be emailed the Zoom link upon registration and will need to download Zoom in advance.

KFPL thanks the Friends of the Kingston Frontenac Public Library for making this event possible.

-30-