

Gluten-free Frybread

When I found out I was intolerant to gluten one of the foods I missed the most was frybread. Frybread originated as a way to make use of limited government rations on the Navajo reservations. The simplest frybread recipes are made up of just 4 ingredients: flour, salt, baking powder, and water. It was important to me that a gluten-free version would still be very accessible and affordable to make, using common ingredients found in most kitchens. Making gluten-free bread with the right texture is known to be tricky, so simply replacing the flour with gluten-free didn't quite work for me. I looked to other common flatbread recipes around the world and discovered that naan bread, originating from Southern Asia, contains yogurt. The yogurt provides protein that replaces the need for the formation of gluten, as well as a little fat which helps to keep the bread more tender. You don't taste it much in this recipe, but I find it really makes a difference for the texture.

Instructions:

1. Combine Flour, Tapioca starch (if you're using it), baking powder, and salt into a large mixing bowl.

2. Pour warm water into the dry mix a tbsp at a time, mixing with your hands or a spatula. Your hands are the best way to tell the texture of the dough however it will get sticky. Once the texture of your dough forms a ball but seems slightly too dry and cracks at the edges when you knead it, stop adding water.

3. Add your yogurt and continue kneading it into the dough. At this point your dough will start to get very stretchy and sticky. If the dough is extremely sticky against your skin you can spoon in flour until it becomes less sticky and starts to form a soft shaggy dough.

4. Heat up a pot on medium-high heat. The dough can either be deep fried or shallow fried, for mine I went with a shallow fry. Be sure that you are using a neutral oil with a high smoke-point such as vegetable or avocado, Avoid olive oil.

5. Pull dough pucks to your desired size and flatten them with your hands to around ¼ - ½ an inch in thickness, you can really eyeball this. Drape the dough into the oil away from your body to prevent splashing. Let one side cook for about 5-7 minutes checking for doneness, then flip to cook the other side. The outsides should be crunchy and golden brown and the insides a little fluffy and very chewy. Serve with butter, jam, or cinnamon sugar for a sweet option or make Navajo Tacos!



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Ingredients:

- 2 Cups Gluten Free Flour (I recommend Bob's Red Mill)
- 1 Tsp Salt
- 1 heaping Tbsp Baking Powder
- 4 Tbsp of Tapioca Starch (optionally replace with more flour)
- ¼ Cup unsweetened plain yogurt (dairy free coconut yogurt works as well)
- Warm Water
- Neutral oil for frying

Portraits in RED
by Nayana
LaFond

An Interview with
Kiana Kona

Gluten Free
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MMIP
Awareness



Hibulb Iss. II Vol. III Summer 2025 Newsletter

Portraits in RED
by Nayana
LaFond –
Coming to
Hibulb this June

*From Emilie Miller,
Museum Curator*

Portraits in RED by Nayana LaFond is a deeply personal and impactful art exhibit that sheds light on the ongoing epidemic of Missing and Murdered Indigenous Peoples (MMIP).

This crisis disproportionately affects Indigenous communities across North America, with Indigenous women and girls being particularly vulnerable. Indigenous people are more than twice as likely to experience violent crime compared to non-Indigenous people, and Indigenous women and girls are especially at risk, being murdered or going missing at much higher rates than women from other demographics. The epidemic continues to be a significant issue, with ongoing calls for systemic change in how law enforcement and government agencies address the crisis.

Through a series of painted portraits, LaFond commemorates the lives of Indigenous individuals and families that have been affected by this violence, offering a medium for remembrance, healing, and advocacy.

In honor of those impacted by the MMIP crisis in Tulalip, Hibulb has created an addition to this exhibit by dedicating space to them where their families have helped to share their stories.

Portraits in RED serves not only as a memorial but also as a call to action, drawing attention to the systemic violence and erasure faced by Indigenous communities while creating space for healing and solidarity. Through LaFond's work, the exhibit offers a reminder of the resilience and importance of those whose stories have too often been overlooked.

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NEW SPECIAL
EXHIBIT

Opens Thursday
June 26th, 2025

PORTTRAITS
IN RED by NAYANA
LAFOND





MMIW Collection One: an Interview with

Kiana Kona

*By Ana Ramirez,
Education Curator*

In 2021, Kiana took a cedar weaving workshop at the Hibulb Cultural Center, fell in love with cedar weaving, and founded KKONA LLC. KKONA LLC specializes in creating one of a kind jewelry blending cedar weaving with woven salmon skin to push the boundaries of traditional design. KKONA LLC's work was first sold at the Hibulb gift shop and is now sold throughout the Pacific Northwest at powwows, fashion shows, cultural centers, gift shops, and online. We were happy to have an opportunity to talk to Kiana about her work.

Kiana's work is the first and only to incorporate salmon skin into cedar weaving. Her work uses all natural materials Kiana's ancestors had access to. We asked her how she began using salmon skin in her work. Kiana explains "Salmon skin complements the cedar and represents the long relations of the Tulalip people and salmon. The first time I incorporated salmon skin was right before salmon ceremony and as a homage to the ceremony I released my first salmon collection... To me, the cedar represents the forest of the Pacific Northwest, the salmon skin and seashells represent the streams, rivers, ocean, and sea; when combined they represent my home."

Kiana recently released a new collection, MMIW Collection One, dedicated to raising awareness for Missing and Murdered Indigenous Women. Sharing the reason behind the new collection, Kiana states "The MMIW collection is my small way of contributing to the MMIW movement. We all have to speak up in our own way. The MMIW Collection is a way for me to say to all those missing sisters, daughters, mothers, or wives and their families that you are not forgotten and that we shall never forget you. Losing a family member without getting answers is unacceptable and I can't imagine the agony of families that have fallen victim."

The attention the collection received led to an invitation to represent Tulalip at the SWAIA Native Fashion Week (SNFW) taking place early May in Santa Fe, New Mexico. SWAIA Native Fashion Week's goal is to establish Santa Fe, NM as the Indigenous fashion capital of the United States. This fashion show is a big opportunity for any Native artist. Although Kiana was not able to attend this year, she expressed her gratefulness at the invitation saying, "I'm so thankful for all those who have taught me, encouraged me, and supported me along the way. They have taught me the Tulalip way and being able to showcase that to a wide audience is incredible. Kiana hopes to attend SNFW next year and collaborate with an Indigenous designer or modeling agency to create a full runway set, keep experimenting with different natural materials, and push herself to bring new ideas to the market.

This shows how big of an impact speaking up can make. No effort in raising awareness for Missing and Murdered Indigenous Women is too small. Kiana's story is a testament to the HCC's mission to revive, restore, protect, interpret, collect, and enhance the history, traditional values, and spiritual beliefs of the Tulalip Tribes. KKONA LLC's work is available online at <https://www.kkonallc.com/> and on Instagram at @kkonallc



*Kiana with
her daughter
(left)*



*Cedar and
dried salmon
skin,
materials used
in the
collection
(Left)*



*Earring
Incorporating
cedar and
salmon skin,
as well as
shells
(Top)*