

Flatbread Dough



INGREDIENTS:

YIELD: 3 FLATBREADS

1 ½ Cups Unbleached Bread Flour

½ Teaspoon Salt

½ Teaspoon Instant Yeast

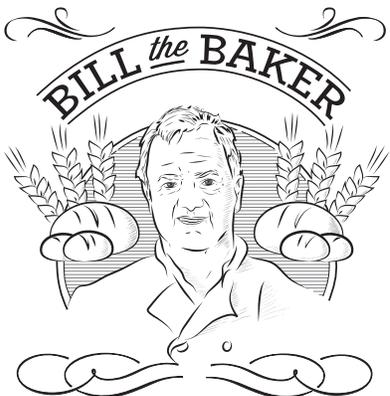
1 Tablespoon Honey

1 Tablespoon Vegetable Oil

1/3 Cup to ½ Cup Water at Room Temperature

DIRECTIONS:

1. In a mixing bowl, whisk together the flour, salt, yeast, honey, oil, and water to bring everything together into a ball.
2. Sprinkle some flour on the counter and transfer the dough to the counter. Remember to only use a very small amount of flour on the surface or perhaps none at all. Knead for about 10 minutes. Lightly oil a bowl and transfer the dough to the bowl, rolling it around to coat it with oil. Cover the bowl with plastic wrap.
3. Ferment at room temperature for 90 minutes, or until the dough doubles in size. If you are going to cook the flatbread today after the 90 minute fermentation, now would be a good time to preheat your pizza stone to 500 degrees. The dough should be divided into three equal sized pieces. You can also choose to retard the dough overnight in the refrigerator immediately after kneading. If you choose to retard the dough overnight place the three equal sized pieces in oiled ziploc bags. The dough can be kept in the refrigerator for up to five days. Remove the dough from the refrigerator 1 hour before rolling it out to allow the dough to get back to room temperature.
4. Mist a silpat (silicone mat) lightly with spray oil and transfer the dough to the silpat. Press the dough into a square with your hand and dust the top of the dough lightly with flour. Roll it out with a rolling pin into a paper-thin sheet about 8 x15 inches. You may have to stop rolling from time to time so that the gluten can relax. Cover the dough with parchment paper while it relaxes. If you need to let the dough relax to get it to the proper size the relaxing period should be at least 5 minutes. Remember to cover the dough with parchment paper while it relaxes. When it is the desired thinness, cover with parchment and let it relax for about 10 minutes.
5. Transfer the rolled out and relaxed dough to a cookie sheet or pizza peel that has been covered with semolina. DO NOT press the flatbread dough down into the semolina. This would make it difficult to transfer to the oven when it is time to bake the flatbread. Before you put the toppings on the flatbread make sure that the dough is able to move easily by just shaking the pizza peel or cookie sheet. If the dough is not able to move freely, remove the dough and add more semolina to the surface of the pizza peel or cookie sheet, then return the dough and test again.



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- 1 ½ Cups Unbleached Bread Flour
- ½ Teaspoon Salt
- ½ Teaspoon Instant Yeast
- 1 Tablespoon Honey
- 1 Tablespoon Vegetable Oil
- 1/3 Cup to ½ Cup Water at Room Temperature

DIRECTIONS CONTINUED:

6. Lightly oil the top of the flatbread using olive oil that has been infused with garlic or perhaps an herb such as rosemary or basil. Add the desired toppings to the dough and remember that with a flatbread a small amount goes a long way. Spread the topping right up to the edge of the flatbread. This will prevent the flatbread edge from burning when you bake it. If you add too much of the toppings you will find that as the cheese melts it will run off of the flatbread and create quite a mess of your pizza stone.
7. Transfer the flatbread directly on to a pizza stone that has been preheated to 500 degrees for at least one hour. The margherita flatbread will usually cook within three minutes. Flatbreads that have thicker toppings will require 4 to 5 minutes of baking time. Test the flatbread before removing it from the oven by lifting a corner of the crust off of the pizza stone and look to see if the crust is turning a light brown or tan color. If not then let the flatbread go for another minute and test again. Be careful not to burn yourself on the stone, it will be very hot.
8. When the flatbread is cooked to the desired color remove from the oven using the pizza peel or cookie sheet. Let the flatbread cool for a minute or two before slicing. Enjoy the flatbread while it is still warm!

