

Flatbread Dough



INGREDIENTS:

YIELD: 3 FLATBREADS

- 1 ½ cups (6.75 ounces) unbleached bread flour
- ½ teaspoon (.13 ounces) salt
- ½ teaspoon (.055 ounces) instant yeast
- 1 tablespoon (.75 ounce) honey
- 1 tablespoon (.5 ounce) vegetable oil
- 1/3 to ½ cup (4 ounces) water at room temperature

DIRECTIONS:

1. Place the flour in a mixing bowl and then add the yeast to the flour. Using your hand or whisk, mix together to disperse the yeast into the flour. Now add the salt to the bowl and mix or whisk the ingredients again. This process ensures that the yeast and salt are not sitting on top of each other in the flour. The yeast needs water to come to life and since salt pulls water away from things, you want the yeast and salt in separate places when the water is added.
2. Now add the water, oil, and honey into the bowl with the dry ingredients. Using a spoon or bowl scraper, mix the ingredients to get them to incorporate.
3. 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. You will find your bowl scraper to be a very useful tool to have during the kneading process. It helps you get the dough off of the counter when kneading. Knead for about 10 minutes.
4. Divide the dough into three equal pieces and place each piece into a slightly oiled Ziploc bag. Put the bags into the refrigerator and allow the dough to ferment overnight. The dough can be kept in the refrigerator for up to four days. Remove the dough from the refrigerator 1 hour before rolling it out to allow the dough to get back to room temperature.
5. Mist a silpat (silicone mat) lightly with spray oil and transfer the dough to the silpat. Press the dough into a small rectangle with your fingers 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.
6. Transfer the rolled out and relaxed dough to a cookie sheet or pizza peel that has been covered with semolina or cornmeal. **DO NOT** press the flatbread dough down into the semolina/cornmeal. This will 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



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DIRECTIONS CONTINUED:

sheet. If the dough is not able to move freely, use your bowl scraper to work a little more semolina/cornmeal under the dough in the places that you see the dough is sticking to.

7. Using a pastry brush, put a very light coat of 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 on your pizza stone.
8. Transfer the flatbread directly onto a pizza stone that has been preheated to 500 degrees for at least one hour. The Margherita flatbread will usually cook within five minutes. Flatbreads that have thicker toppings could require 5 to 7 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.

9. When the flatbread is cooked to the desired color, remove it 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!

