

JENNI MARIE'S TEST KITCHEN

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Flatbread

Makes 8 flatbreads

Equipment Needed:

- Stand Mixer with Dough Hook Attachment
- Rubber Spatula & Whisk
- Kitchen Scale (highly recommended for best results)
- Measuring Cups & Spoons
- Rolling Pin
- Non-Stick or Cast Iron Skillet
- Pourable Glass Measuring Cup (2 cup)

Directions:

1). Gather all equipment & ingredients. In the bowl of a stand mixer, combine flour, salt, sugar, and yeast. Give it a whisk to combine. Add warm water and olive oil, and mix using a rubber spatula until most of the liquid is absorbed. Place bowl on base of stand mixer fitted with dough hook attachment, and mix on medium speed for 7 minutes until a smooth dough forms. If after 7 minutes the dough is still sticking to sides of bowl, add more flour 1 teaspoon at a time, mixing for 2-3 minutes between each addition, until the dough pulls away from sides of bowl. Let dough ball knead in mixer on low speed for another 5 minutes.

- **3.75 C. (500g.) AP Flour (plus more if needed)**
- **1.5 t. (8g.) Kosher Salt**
- **1.5 t. (6g.) Sugar**
- **1.5 t. (5g.) Instant Yeast**
- **1.5 C. (355ml.) Warm Water**
- **1.5 T. (21g.) Olive Oil**

2). When dough is done kneading, remove bowl from mixer stand, lightly coat top of dough with olive oil, cover with plastic wrap, and set in a warm place for 1-3 hours or until dough has doubled in size.

3). Once dough has doubled in size, turn it out onto a lightly floured surface and sprinkle the top with flour. Cut dough into 8 equal size portions and [form into balls](#). Cover the dough balls with a clean towel or plastic wrap to keep them from drying out. Preheat skillet on stovetop over high heat. Create a lightly floured workspace near your stove, with enough room to roll out dough with a rolling pin.

4). Roll out one dough ball at a time (keep others covered) to approx. 6" diameter flatbread using a rolling pin. It may take some practice to figure out the thickness you prefer. Once pan is very hot, place your first rolled out dough into the skillet. Cook for 1-2 minutes, or until it has some bubbles on top, and then carefully flip with a spatula. Cook for another 1-2 minutes on the other side, watching it closely so it doesn't burn. You can flip it a third time to try to get it to puff up and create a pocket in the middle. Sometimes they puff, and sometimes they don't, but I always try. Remove to a plate and brush with plain or garlic butter if desired. Repeat this process until all of your dough balls are cooked. It's important to do this one by one, so you are careful not to burn your flatbreads. Garnish with fresh chopped parsley, and enjoy immediately, or let cool to room temp, and freeze for future use.

****Use for gyros, flatbread pizza, sandwiches, or as a dinner bread, like naan. Enjoy!***

*****Here's a great [GF naan recipe](#) that I use when baking Low FODMAP / gluten sensitive.***

