

EASY GRIDDLE FLATBREAD.....

This is a great, easy flat bread recipe that makes a delicious side dish to any meal. These can be used for making pita sandwiches, pizza or pretty much anything. Prep Time: 15 minutes Cook Time: 5 minutes Total Time: 20 minutes Yield: Makes 4 or 5 breads

Ingredients:

- 3 cups all purpose flour
- 1 cup ice water
- 3 tablespoons shortening OR softened butter
- 2 teaspoons salt
- 2 teaspoons baking powder
- pinch of baking soda
- about 1 tsp of dried herbs – thyme, sage, oregano – whatever you'd like

Preparation:

1. Combine all ingredients and form into a dough.
2. Cut into 4 or 5 equal pieces.
3. Roll out to a thin 8 inch circle.
4. Prick the surface of the dough with a fork and cook on an oiled hot griddle. Turn with a spatula.
5. **Watch these flat bread disks closely because they cook fast!** Serve warm. Drizzle with a bit of extra virgin olive oil or dip into marinara sauce or ... ?

Chapati

Chapaties (Indian flatbread) are the perfect accompaniment to most Indian dishes. Don't be fooled by the number of steps there are in this tutorial because making a single Chapati from start to finish, takes 1 ½ to 2 minutes at the most! Chapatis are not difficult to make but the old saying "Practice makes perfect" was probably written for them. Makes about 12 Chapatis.

INGREDIENTS

2 cups Wheat Flour (Gehun Ka Atta)

Water as needed

How to make chapati:

- 1.** Knead soft dough with above ingredients.
- 2.** Leave it for at least 30 minutes.
- 3.** Break off to a table tennis - ball sized (even smaller) bit of dough.
- 4.** Roll with help of dry flour to a thin round.
- 5.** Roll as thin as possible.
- 6.** Heat griddle and place the rolled out dough on it.
- 7.** When dry on one side, turn it.
- 8.** When brown spots appear on second side, turn again.
- 9.** Use a kitchen towel and lightly press the phulka, rotating at same time, it will puff.
- 10.** Make as crisp as desired and serve hot

VARIATION: Use a bit of sunflower or canola oil to cook

Khameeri Roti Recipe

Khameeri roti is made by using yeast (khameer) and therefore is very

soft to eat.Learn how to make Khameeri Roti.

Ingredients:

- 2 cups (400gms) Whole wheat flour
- Butter or ghee for greasing the baking tray
- 1 ½ tsp fresh yeast (khameer)
- Salt to taste
- Flour to Dust
- ½ cup warm water

How to make khameeri roti:

1. Dissolve the yeast in half cup warm water and keep aside.
2. Add salt in the flour and sieve it in a platter.
3. Make a whole in between the flour and add about a cup fo water.Mix the flour and knead to make stiff dough.Keep aside for 15 minutes
4. Now slowly sprinkle the yeast over the dough and keep kneading it till it becomes smooth and not sticky.
5. Cover with a damp cloth and keep aside for half n hour.
6. Now divide it into 8-10 equal round portions.Dust the ball with flour and roll it into 8 inches wide rotis.
7. Either stick these rotis in a clay tandoor and cook for 2 minutes or place them on the greased baking tray and bake them in the oven for 4-5 minutes at 180 degree celsius.
8. Serve hot with a choice of curry

Pocketless Pita

Makes 8 small pitas; an easy recipe for homemade pita/Greek flatbread that can be made in less than 2 hours

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INGREDIENTS

- ¼ cup milk
- ½ cup lukewarm water
- 2 tablespoons butter, melted
- 2 tablespoons honey
- 2 teaspoons instant yeast
- 1 teaspoon salt
- 3.5 to 4 cups flour

PREPARATION

1. Combine milk, water, butter, and honey in mixing bowl of a standing mixer with dough hook
2. Add yeast and mix for a few seconds to combine
3. Add salt followed by enough flour to form a soft dough
4. Knead dough for 3 to 4 minutes
5. Place dough in oiled bowl, cover and let rest for 1 hour
6. After 1 hour, form dough into 8 smaller balls and heat up a non-stick pancake griddle
7. On a floured flat surface, roll out each dough ball into a flat circle about 6 to 7 each in diameter sprinkling with more flour if needed to prevent sticking.
8. Grill each pita for a few minutes until they begin bubbling and are very lightly golden brown, then flip and cook the reverse side
9. Store in plastic bag and freeze unused pitas.