



Flatbreads – Bread made Quick & Easy

Flatbread is popping up everywhere; from grocery stores to restaurants across the country. In most medium to large grocery stores, you can buy everything from naan to pita bread to lavash and tortillas. As popular as it is now, flatbread has been around since the days of the ancient Egyptians. It's really no new concept. Traditionally, flatbread is basically unleavened bread, which is made without yeast. Flour, water, and salt are the main ingredients. It's rolled out flat and cooked, usually in a brick oven. While it originated in ancient Egypt, many cultures have versions of flatbread. From naan in Afghanistan and India to the tortilla in Central and South America to the piadina in Romagna, Italy, the flatbread has been produced just about everywhere.

Some of the recipes here require yeast, many do not. Flatbreads are generally quick and easy to make, yeast or not. They're a great base for "pizza", make delicious sandwiches and if your pitas or rotis are a bit stale, cut them up into triangles and make chips! Most of us do not have access to a brick oven, but the recipes requiring baking work well using a pizza stone or **UNGLAZED** quarry tile-lined oven. One technique recreates the environment of the ancient brick oven. Just put the bread on a pizza brick, rather than an oven rack, and cover it with a lid or stock pot that can withstand oven temperatures. There's your sealed chamber full of steam!

EASY GRIDDLE FLATBREAD.....no yeast required

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:

- 2 cups unbleached all purpose flour
- 1 cup wheat 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 **OR ---**
- 2 TBSPs finely chopped FRESH herbs (parsley & mint, rosemary, sage & thyme, tarragon & dill

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 ... ?

Italian Foccacia

Recipe for one round foccacia. This dough is a traditional Italian country bread dough. It can be used to make bread sticks, rolls, round loaves or long baguettes.

INGREDIENTS

Sponge (biga) -

- ¼ cup warm water
- 2 teaspoons active dry yeast
- ¼ cup rye or whole wheat

Dough -

- ½ cup lukewarm water
- 1 tablespoon milk
- 2 tablespoons olive oil
- ½ teaspoon salt
- 1 ¾ cups bread flour



PREPARATION

1. Mix the sponge ingredients in a medium size bowl. Allow to rise for 30 minutes at room temperature.
2. Add the remaining dough ingredients to the sponge and mix well with a wooden spoon.
3. Turn the dough out onto a floured surface and knead for 10 - 15 minutes or until smooth and elastic.
4. Put the kneaded dough in a high sided bowl with 1 tablespoon olive oil to coat the bowl and dough surface. Allow to rise for until doubled at room temperature or overnight in the refrigerator.
5. For foccacia; punch down the dough and shape into a 12 inch round. Create depressions with your thumb all over the surface and drizzle with olive oil that will pool in the depressions. Sprinkle with sea salt and fresh grated pepper. You may add other toppings now or half way through the cooking time. You can use fresh herbs like basil, oregano or rosemary, italian hard cheeses like parmesano reggiano or pecorino romano, dried or fresh fruits like figs or currants.
6. Place in a large round or square baking pan and allow to rise for 30 - 45 minutes
7. Bake at 500 degrees on the lowest rack of the oven for 12 - 15 minutes. Add cheese, fruit or veggies half way through the baking time to avoid burning.

Nona's Piadina ... no-yeast required

) - Recipe from Mrs. Larkin, FOOD52, April, 2010

Piadina, a rustic Italian flatbread, is a regional Romagnola recipe -- as old as the hills -- dating back hundreds of years. This recipe comes like kind of a cross between a biscuit and flat bread. The dough handles like a dream and is very forgiving. Don't worry if your circles are not perfect!

INGREDIENTS

- 2 cups all-purpose flour
- 1 cup whole wheat or rye flour
- 1 teaspoon salt
- 2 ¼ teaspoons baking powder
- 3 heaping tablespoons shortening or leaf lard
- ¾ cup warm water
- ¼ cup warm milk



Fillings of your choice like Prosciutto, ham, mozzarella, fritatta, salad, Nutella, pretty much anything you desire!

PREPARATION

1. Place flour in a mound on pastry board or counter. Sprinkle on salt and baking powder, and mix together with your fingers. Make a well in the center. Drop in the shortening and rub it together with the flour using your fingertips. Lumps are okay! And it will still be pretty floury.
2. Make a well again and pour in water and milk. Mix with fingers until dough comes together. Add a little more warm water or flour, if needed. You want a soft dough – not at all sticky. Knead for a couple minutes, and roll into a log shape. (Alternatively, all the mixing can be done in a large bowl. I like to use a fork to mix everything together.)
3. Divide the dough into 6 equal pieces, using a scale if you have one. With one hand, gently roll each piece on the board/counter into a ball. Mom says to use your thumb and nudge the dough ball under with each turn. Set each ball to the side on a sprinkling of flour and let rest for 5 minutes.
4. Heat griddle to medium. Slightly flatten a ball and roll out dough to about 9 inches in diameter. Gently lift and place on hot griddle, scoring the piadina all over with the tines of a fork. If bubbles appear, quickly pierce those suckers with the fork. Cook each side for a few minutes or until each side develops some lightly browned spots. Remove to a clean dish cloth. Repeat with each ball, and stack each cooked piadina over one another. Loosely cover with a dish towel. Cut piadina into quarters and enjoy with your favorite sandwich fixings.

NOTE: Piadina freezes well. Reheat on a griddle over low heat, or wrapped in damp paper towels in the microwave.

Chapati

Chapatis (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

- 1 ½ cups whole wheat flour (Gehun Ka Atta Indian flour if you can get it)
- ½ cup unbleached AP flour
- 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 just 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 hole in between the flour and add about a cup of 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 an 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

Sada Roti (Yeast Free)

is a type of Indian-influenced flatbread that is found throughout the Caribbean and most often associated with Trinidad and Tobago. Of all the West Indian rotis, it is the easiest to make because it requires just three easy steps and a few common kitchen ingredients. The bread is a tasty addition to almost any meal, especially baigan (eggplant) or tomato choka, two popular roasted vegetable dishes. You can also enjoy sada roti with a simple spread such as butter or jam.

INGREDIENTS

- 3 cups flour (all-purpose)
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon sugar (white)
- 1 tablespoon vegetable oil (or canola oil, ghee)
- 1 ¼ cups water (lukewarm water, approximately)

PREPARATION

1. In a large bowl, thoroughly mix the flour, baking powder, salt, and sugar.
2. Add the oil or ghee and rub it into the flour.
3. Add just enough water to knead and make a dough. Once the dough comes together, knead it for 2 to 3 minutes until it becomes a soft, pliable dough.
4. Rub the dough with a little oil so it does not form a skin. Cover and let rest for 30 minutes.
5. Heat a cast iron griddle or pan or a tawah (an Indian-style of cast iron pan) over medium heat.
6. Cut the dough into 4 equal pieces. **Cover the rest of the dough** as you work with one piece at a time.
7. Lightly flour your work surface and rolling pin.
8. Form one piece of the dough into a ball, then flatten it into a disk. Roll into a 5-inch circle of about 1/4 inch thickness.
9. Transfer the rolled dough to the heated griddle or pan and lower the heat to medium-low. Let cook on one side until the roti puffs up. Flip the roti and cook the other side for 1 or two minutes. Remove roti from the pan and wrap loosely in a kitchen towel (or any flour-bag type of fabric).
10. Repeat from step 8 until all the roti is made.



Serve as is with butter, jam, a spread of your choice, sauteed vegetables, or a curry.

Pocketless Pita

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

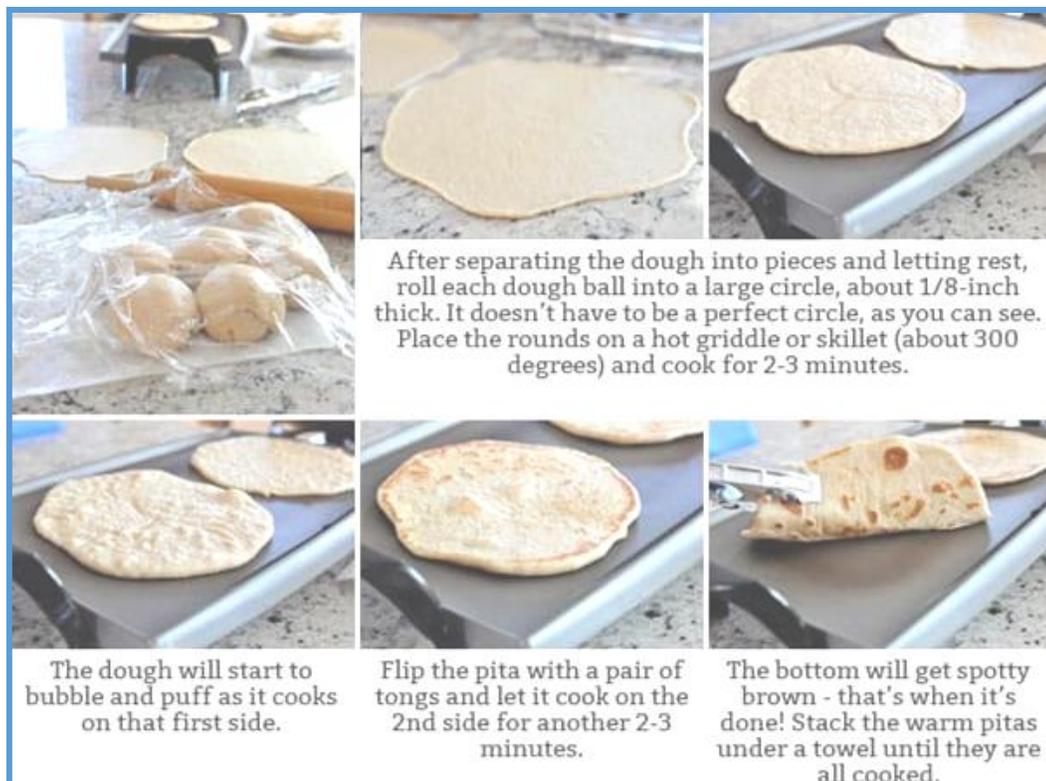
INGREDIENTS

- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup lukewarm water
- 2 TBSPs butter, melted
- 2 TBSPs honey
- 2 tpsps instant yeast
- 1 tsp 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. Add salt followed by enough flour to form a soft dough, THEN knead dough for 3 to 4 minutes.
3. Place dough in lightly oiled bowl, cover and let rest for 1 hour
4. After 1 hour, form dough into 8 smaller balls (OR 16 really small ones for bite-sized pitas). On a floured flat surface, roll out each dough ball into a flat circle, sprinkling with more flour if needed to prevent sticking.
5. Grill each pita for a few minutes on a non-stick pancake griddle until they begin to puff up a bit and are browning on the bottom, then flip and cook the reverse side
6. Store unused pitas in plastic bag and refrigerate or freeze.



Yeast-Free Homemade Pita Bread

SERVINGS - 8 pita pockets

INGREDIENTS

- 2 cups all-purpose flour (or whole wheat flour)
- 1 tsp salt
- 1/2 tsp baking powder
- 3/4 cup warm water
- 3 Tbsp olive oil

INSTRUCTIONS

1. In a medium bowl, whisk the flour, salt and baking powder. Stir in the water and olive oil and knead to form a moist dough. Form into a ball. Cover with a kitchen towel and let rest for 5-30 min.
2. Preheat oven to 450 degrees F.
3. Roll out the dough into a long log on a very lightly floured work space. THEN cut the dough into 8 equal parts and form 8 balls.
4. Using a lightly floured rolling pin, flatten each into an 1/8" high flat disk
5. Lay pita bread on two sheet pans lined with baking paper - spacing the disks apart from each other.
6. Spray lightly (or brush) with water and bake immediately for 6-8 min. or until puffed and golden. 8. Remove from oven and serve immediately or allow to cool to store for later. Store in a zip lock bag or air tight container.



Tsasiki Dip

This famous Greek dipping sauce is great w/pita chips, fresh pita wedges and as a veggie dip, served with souvlaki & gyros sandwiches and as a dipping sauce for little meatballs. DRESSING: Another option is to leave out the cuke, whisk in about 2 additional TBSPs extra virgin olive oil and the juice of ½ of 1 lemon for a delicious, creamy, low fat salad dressing.

INGREDIENTS

- CUP THICK GREEK YOGURT (OR ANY BRAND NON-FAT STRAINED* YOGURT - STONYFIELD & DANNON & TRADER JOE'S ARE GOOD ALL- NATURAL BRANDS)
- ½ OF A MEDIUM SIZED CUCUMBER, SEEDS SOOPED OUT...CHOP CUKE INTO VERY SMALL PIECES
- 1 TSP SEA SALT
- 1 ½ TSPS OF FINELY CHOPPED FRESH DILL - OR- 1 TSP. DRIED DILL
- 1 TSP FINELY CHOPPED MINT (OPTIONAL)
- ABOUT 1 TBSP OF GOOD QUALITY EXTRA VIRGIN OLIVE OIL
- ABOUT 1 TBSP OF FRESHLY SQUEEZED LEMON JUICE
- ½ TSP (OR MORE IF YOU LIKE GARLIC!) GARLIC PASTE**

PREPARATION

1. COMBINE ALL INGREDIENTS (EXCEPT LEMON JUICE) AND MIX TOGETHER THOROUGHLY WITH A FORK OR SMALL WHISK...THEN WHISK LEMON JUICE IN A LITTLE AT A TIME.
2. TASTE AND ADJUST SEASONINGS IF YOU NEED TO...REFRIGERATE UNTIL READY TO SERVE.

NOTES:

* **TO STRAIN YOGURT** - FILL A STRAINER (LINE WITH CHEESECLOTH IF YOU LIKE) AND PLACE OVER BOWL TO STRAIN IN THE 'FRIDGE - COVER LOOSELY W/PLASTIC - OVERNIGHT WILL GIVE THE BEST RESULTS, BUT EVEN AN HOUR OR TWO WILL GIVE YOU NICE THICK YOGURT.. USE ABOUT 1 ½ TO 2 CUPS TO END UP WITH 1 CUP OF STRAINED ---USE MORE IF YOU'RE STRAINING OVER NIGHT, LESS IF ONLY FOR AN HOUR OR TWO...)

**** TO MAKE GARLIC PASTE:**

1. CUT THE VERY TOP OFF OF A GARLIC BULB (YOU'LL SEE THE INSIDE TOPS OF THE CLOVES)
2. WRAP TIGHTLY IN ALUMINUM FOIL - OR PLACE IN SMALL BAKING DISH COVERED W/FOIL.
3. BAKE FOR ABOUT 45 MINUTES AT **400°**- CHECK TO SEE IF IT FEELS SOFT - IF NOT, BAKE FOR ABOUT 5 MINUTES MORE...DEPENDING UPON YOUR OVEN, IT SHOULD NOT TAKE ANY MORE THAN 1 HOUR

Chickpea-Herb Dip

INGREDIENTS

- 1 15 oz. can PLUS ½ cup chickpeas (AKA “garbanzo beans”)
- Juice of 1 lemon – to taste (start with 1 TBSP, add more if you like extra lemony flavor)
- 2-4 cloves garlic, chopped (OR roasted garlic paste)
- ½ tsp sea salt
- ¼ tsp white pepper
- ¼ tsp ancho chili powder
- ½ tsp ground fennel
- Good quality Extra Virgin Olive Oil 3-4 TBSPs
- 1 TBSP finely chopped fresh flat leaf parsley
- 1 TBSPs finely chopped fresh dill
- ¼ cup snipped chives (or scallions) – very small circles

PREPARATION

1. Pulse chickpeas, lemon, garlic and spices with 2 TBSPs EVOO in a food processor until it becomes smooth, adding more EVOO as needed to achieve your preferred consistency.
2. Taste and adjust seasonings if needed. Transfer to serving bowl and whisk in your fresh herbs with a fork until well combined. Drizzle top with just a bit more EVOO (don’t mix in) before serving.

Quick & Easy Guacamole

INGREDIENTS

- 3-4 ripe (soft – but NOT mushy!) small to medium sized avocados
- 2 limes
- 1-2 cloves garlic, very finely minced
- 2 tsps ground cumin
- 1-2 tsps Mexican Spice Blend
- ½ tsp kosher salt OR freshly ground coarse sea salt
- 2 TBSPs finely chopped fresh cilantro

PREPARATION

1. Wash, dry, cut and scoop out avocados into a bowl.
2. Immediately squeeze in the lime juice and stir to prevent oxidation.
3. Add remaining ingredients (except cilantro) and mash together well. Taste and adjust seasonings if needed. Mash until smooth – or leave some chunks if you prefer. Stir in the cilantro

Cilantro and Mint Chutney

INGREDIENTS

- 1 cup fresh cilantro leaves, cleaned, washed and chopped
- 1 cup fresh mint leaves, cleaned, washed and chopped
- 1 small green chili, washed, stems removed, ends trimmed and chopped
- 1 pinch of cayenne chili powder
- ½ tsp Garam Masala
- 1 & ½ cup plain yogurt
- Pinch or 2 of black salt (to taste)
- 1 tsp fine sugar
- 2 tsps fresh lemon juice

PREPARATION

1. Put the coriander and mint leaves along with the green chilies and a little water in your mixer and process until you have a smooth paste.
2. Remove from mixer into a serving bowl.
3. Add salts and sugar.
4. Stir in lemon juice, then fold in the yogurt.

Bread/Sandwich Fixins, Sauces & Spreads

SAUCES

HONEY-DIJON - -- Whisk together thoroughly: ½ cup Dijon mustard, ½ cup honey, ¼ tsp cinnamon, ½ tsp allspice

ASIAN STYLE PLUM-DIJON SAUCE - Whisk together thoroughly ½ cup Dijon mustard, ½ cup plum sauce, 1 tsp grated fresh ginger and 1 tsp Chinese 5-Spice Powder

DIJON-MAYO - -- Whisk 2 TBSPs Dijon mustard into 1/3 cup light mayo – add fresh parsley, dill and chives if you'd like

BLACK BEAN & CORN SALSA - see recipe.

SOFRITO - .see recipe

COCKTAIL SAUCE - Whisk together the juice of ½ a lemon, 1 tsp celery powder, ½ tsp ground fennel, ½ tsp salt, ¼ tsp pepper and 1 TBSP horseradish

ROASTED RED PEPPER-MANGO SAUCE- puree 1 large, ripe mango, 1 large roasted red pepper, couple squeezes lime juice, pinch of nutmeg, pinch of allspice and pinch of ancho chili powder

CARAMELIZED ONION – Cook sweet onion strips down in some olive oil until almost brown. This takes a while, but tastes incredibly sweet and delicious!

BLACK OLIVE PESTO – See recipe

BLACK OLIVE PESTO – See recipe

SUNDRIED TOMATO PESTO – See recipe

CHIMICHURRI or CHERMOULA – See recipes

BASIL PESTO – See recipe

FIXIN'S

Have Fun; Be Creative!

FINELY CHOPPED ONIONS MIXED WITH CELERY POWDER AND JUST A TINY BIT OF TOMATO SAUCE, CARAMELIZED OR SAUTEED ONIONS, FINELY CHOPPED HOT PEPPERS, ROASTED RED PEPPER STRIPS, CHOOPED MIXED OLIVES, CHOPPED SWEET, DILL OR` REFRIGERATOR PICKLES, SLAWS, CHEESES: AMERICAN, CHEDDAR, PROVOLONE, MUENSTER, MONTEREY JACK, SWISS, COLBY, FETA....ETC