

Homemade Flatbread

BY KEVIN LEE JACOBS



I love this Homemade Flatbread. It's terrific for plain eating, for sandwich wraps, and for pizzas of all kinds. You won't need any special equipment here. You can mix and knead the dough just as I do — entirely by hand. The dough bakes in minutes in a dry skillet. Therefore, you can have this bread on the table in less than one hour!



Ingredients for Homemade Flatbread

Flour. You can use all-purpose or bread flour as you please. Be sure to weigh the flour! Per my kitchen scale, 2 cups of flour equals 10 ounces or 285 grams.

Yeast. A tiny amount of yeast (1 teaspoon) will bring this flatbread dough to life. I used instant yeast here, but dry active yeast will work as well. If you know your yeast is good, you do not have to proof it first.

Warm Water. By “warm,” I mean 110-115°F. Water is the ingredient that activates the protein (gluten) in flour.

Extra Virgin Olive Oil. This gives the bread its distinctive “Mediterranean” flavor. The same oil will make the dough easy to knead by hand.

Salt. Because bread without salt is too bland for good eating.



Homemade Flatbread

A super-simple (and super-delicious) bread for wraps, pizzas, and more.

Prep Time 30 mins

Cook Time 15 mins

Course: Appetizer, bread, Pizza

Servings: 4

Ingredients

- 2 cups (10 ounces or 285 grams) all-purpose or bread flour, plus extra for dusting

- 1 teaspoon instant yeast
- 3/4 cup warm water (110-115°F)
- 1 tablespoon extra-virgin olive oil, plus extra to use while kneading the dough
- 1 teaspoon salt

Instructions

Making, kneading, and resting the dough:

1. Put all of the ingredients into a mixing bowl. Stir until a shaggy dough develops -- about 10 seconds. On a work surface that has been sprinkled with a small amount of olive oil (about 1 teaspoon), and adding more oil (up to 2 teaspoons) to avoid sticking, knead the dough until it is smooth and only slightly tacky to the touch -- about 10 minutes. Lightly grease the mixing bowl (you do not have to wash it first) with oil, and then return the dough to the bowl. Cover with cling film or a damp towel, and let rest for 15 minutes. Meanwhile, wipe off any oily residue on the work surface.

Rolling out the dough

1. Lightly flour the work surface. Gently punch down the dough to remove air bubbles, and then divide the dough into 4 equal pieces. Form each piece into a tight ball (see video). Flatten each ball into a disk. Roll each disk into a rough circle that is approximately 8 inches in diameter and not more than 1/4-inch thick. Place each circle between sheets of wax paper or parchment paper.

Baking the bread

1. Preheat a 10- or 12-inch cast-iron or non-stick skillet over medium heat. One at a time, bake the bread until spotty brown on the underside -- about 2 minutes. Then flip to brown the other side for about 1 minute. Serve warm.

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