

Whole Wheat Flatbread

1 c. water, slightly warm (115°F or less)

1 ¼ tsp. yeast

1 Tbs. olive oil

¾ tsp. salt

1 ⅛ c. whole wheat flour

1 ⅛ c. all-purpose flour

Place warm water in a mixing bowl and stir in yeast with a wire whisk until it is all dissolved; let it stand for 5 minutes. Stir in oil. Blend in 1 c. whole wheat flour and salt with a paddle attachment until well blended (I use my Kitchen Aide). Change attachment to a dough hook and add the remaining whole wheat flour and all-purpose flour slowly until all added. Knead dough with dough hook until the dough is smooth (the dough will still be very soft).

Grease your hands with shortening and pry the dough off the dough hook, then place dough into a greased bowl for rising. Shape dough into a ball with your hands and grease the top of the dough. Cover loosely with plastic wrap and place a towel on top of the wrap and bowl. Put bowl in a warm place (I put mine under the fume hood light). Let dough rise for 1 ½ hours, or until double in bulk.

Punch down dough after it has risen. Dust your countertop with flour and your hands. Cut the dough into 8 equal pieces and shape each piece into round balls. Let the balls rest for 5 minutes under a towel. In the meantime, heat up a dry, cast iron pan. Once 5 minutes has passed, roll each ball into a circle 7-8 inches in diameter (I roll out 2 and let the other dough rest under the towel until the previous 2 are cooked). Cook each flatbread in the dry, cast iron pan for 1 minute on first side until you just see bubbles. Flip flatbread to the other side and cook for another minute. Keep flatbreads warm in a “tortilla warmer” or on a plate under a towel until all have cooked.

These flatbreads are great to use as a wrap for breakfast, lunch, dinner or used for dipping into sauces. We eat this bread as a side with honey for our Easter feast! ☺

-Robyn Garner and Jennifer Reynolds

Variation: If you prefer “all-purpose” flour over whole wheat flour, you can substitute that for the whole wheat flour in this recipe. We have tried both kinds and they are yummy!

Whole Wheat Flatbread:



White (all-purpose flour) Flatbread:



Tortilla Warmer:

http://www.bedbathandbeyond.com/product.asp?order_num=-1&SKU=11401465