

Lavash Flatbread - Leavened

June 4th, 2021

This recipe serves: 8

Prep Time: 03:00

Cook Time: 00:15

Lavash is a traditional Armenian Cracker or Flatbread that has become popular throughout the Mid-East. The earliest Lavash recipes were more cracker than bread, but many regional Lavash variations do include yeast. This Lavash Flatbread includes yeast, providing a flatbread that is great as a wrap or as a rustic pizza dough.

Ingredients:

3 Cups (12.5 Ounces/360 Grams) All-Purpose Flour
2.25 Teaspoons Active Dry Yeast (0.25 oz) packet or equivalent
1 Teaspoon Salt
1 Teaspoon Sugar
1 Cup Water, heated to 100° Fahrenheit
2 Tablespoons Olive Oil
1 Teaspoon Za'atar Seasoning (Optional)

Directions:

Mix Flour, Sugar, Yeast, and Salt until fully integrated.

Add the dry mix into a mixer bowl.

Use the dough hook on low speed and slowly add the Water into the Flour mixture.

Continue to mix until the dough comes together. Stop the mixer and scrape down the sides of the bowl, as needed.

If necessary, add a few additional Tablespoons of Water to wet the dry flour on the bottom of the bowl.

Coat the inside of a large bowl with Olive Oil. Turn out the dough onto the bowl. Coat the Dough ball with Oil. Cover with a damp tea towel and allow to rise for 1 hour or until the dough doubles in size.

Punch down the dough. On a flat surface, knead the dough for a few minutes, stretching the edges and folding the dough towards the center. Form the dough back into a ball. Rest the dough again for another hour.

Separate the dough into 8 equal pieces. Form each Dough piece into a Dough Ball.

Place the first Dough Ball onto a sheet of parchment paper.

Stretch the first dough ball by hand into a long oval shape.

Sprinkle the Dough with the Sesame Seed / Za'atar mixture.

Move the bread to a sheet of parchment paper.

Repeat for each of the remaining 7 dough balls.

Cover each Lavash with a damp Tea Towel and allow the dough to rise again.

If using a Pizza Stone, place the Pizza Stone in the middle rack of a cold oven.

Preheat the oven to 450° Fahrenheit.

If using a Pizza Stone, pre-heat the stone for an additional 30 minutes while the dough rises.

Slide the parchment paper, with the dough, onto the Pizza Stone.

Bake for 5 minutes, or until the Lavash Bread begins to brown and bubbles appear.

Remove the Lavash Bread and place on a rack to cool. Cover with a damp tea towel.

Bake each remaining Lavash.

Eat the Lavash while still soft and pliable, or store in zip-top bags.

If the bread dries out, rehydrate by spraying with a mist of water, covering with a towel, and then allow to soften for 10 or 15 minutes. Repeat as required.