

Lavash Crackers - Unleavened

June 4th, 2021

This recipe serves: 4

Prep Time: 01:30

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 recipe stays true to the original Armenian tradition, providing a tasty cracker that is easy to make. In order to reach the desired consistency, bake for 10 minutes with a pot of boiling water in the oven, then remove the water and bake again to get the ideal browned and crisp texture.

Ingredients:

- 1 Cup (120 Grams) All-Purpose Flour
- 2 Cups (240 Grams) Whole Wheat Flour
- 1 Teaspoon Table Salt
- 1 Cup Water, heated to 100° Fahrenheit
- 4 Tablespoons Olive Oil, plus extra for brushing
- 1 Large Egg, well beaten (brush onto dough before baking)
- 1 Teaspoon Sesame Seeds
- Additional Sea Salt, as desired
- 1 Teaspoon Za'atar Seasoning (Optional)

Directions:

In a mixer or a medium glass bowl, mix the Flours until fully integrated.

Add the Water.

Mix well until the Dough comes together into a single ball.

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

Continue to mix or knead the dough for another 5 minutes.

Cover the bowl with plastic wrap or a tea towel and rest the Dough ball for 30 minutes so that the Flour can fully hydrate (autolyse).

Uncover the Dough and add the Olive Oil and 1 Teaspoon Table Salt. Mix or knead the Dough until the Oil is fully integrated into the Dough.

Form the dough back into a ball.

Separate the dough into 2 equal pieces (each piece should weigh about 600 Grams each). Form each piece into a Dough Ball.

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Use a roller to flatten and shape each Dough ball, into a somewhat rectangular shape.

Each Dough rectangle should be between 1/8" to 1/4" thick.

Move each Dough rectangle onto a sheet of parchment paper.

Sprinkle each Dough with Za'atar, Sesame Seeds, and finally Sea Salt.

Use the roller to press the Seasoning into each Dough rectangle.

Fill a large oven-safe pot with water. Set the pot on the bottom rack of the oven.

Preheat the oven to 450° F.

Stage 1

Add the sheet pans of Lavash to the oven and **bake for 10 minutes.**

Remove the Lavash and place on a rack to cool.

Remove the pot of water from the oven.

Stage 2

Preheat the oven (again) to 450° F.

Place the sheet pans of Lavash back into the oven and **bake for 10 minutes or until the the Lavash begin to brown.**
Remove the Lavash and place on a rack to cool.

Serve with Oven Roasted Feta Cheese, with humus, Tzatziki, or brush with a light layer of Hot Honey and sprinkle with Sea Salt.