

Bazlama (Turkish Flat Bread)

March 26th, 2022

This recipe serves: 8

Prep Time: 01:30

Cook Time: 00:15

Turkish Flatbread is a flavorful pita. It can be filled with hummus, fresh tomatoes and feta cheese, or shawarma.

Ingredients:

1 1/2 (12 ounces) Cups **Water or Milk**, 105° to 115° F

1 Tablespoon Yeast

1 Tablespoon Sugar

1/2 Cup (4 Ounces) Greek Yogurt

1 Teaspoon Table Salt

4 Cups (17.5 Ounces, 500 Grams) All Purpose Flour

2 Tablespoons Olive Oil

4 Tablespoon Butter, unsalted

1 Tablespoon Parsley, finely chopped

Directions:

Pour the Water, Sugar, and Yeast into a Bread Mixer. Whisk to ensure they are fully mixed.

Let it bloom for about 10 minutes.

Add the Yogurt and Salt, then whisk again.

Add the Flour and run on low to medium speed until fully mixed and a ball begins to form.

The sides of the bowl should be cleaned.

Cover dough and allow to rest for 40 minutes in a warm spot until doubled in size.

Divide dough into 8 pieces then form them into Balls. Each Dough Ball should weigh about 135 grams.

Hand stretch each ball into a 7 or 8 inch Flatbread Disc. Do not roll out the dough.

Cover again and rest each Flatbread Disc for another 40 minutes.

Heat up a large sauté pan over medium heat.

Lightly Oil the Pan with Olive Oil.

One at a time, allow each Flatbread Disc to cook for about 45 seconds then flip when it starts to bubble.

The heat should be high enough so that bubbles appear on the top surface and the underside begins to turn golden brown within about 45 seconds. If you do not see the bubbles forming on the top, increase the heat slightly. If the underside is getting brown too fast, reduce the heat.

Keep flipping every 45 seconds or so until fully cooked.

Be gentle when flipping to ensure that you do not tear the dough.

Each Bazlama should take about 90 seconds to 2 minutes to cook.

The dough should begin to swell and separate to create the pocket for filling.

Wrap each Bazlama in a towel to keep it warm and moist.

Melt the Butter and mix in the Parsley

Brush each Bazlama with Butter.

Fill with Shawarma and serve.