

Shanghai Scallion Flatbread

August 7th, 2025

This recipe serves: 8

Prep Time: 02:00

Cook Time: 00:30

Shanghai Scallion Flatbread, is a Chinese street food that is a great Chinese breakfast or a great "anytime" snack. Shanghai Scallion Flatbread is a leavened pancake cooked on the stove top. It has a crispy outer layer, coated in sesame seeds, and a soft fluffy center with a tender chew and a hint of flavor from the orient.

Ingredients:

2 Cups (240 Grams) All Purpose Flour

2 Teaspoons Sugar

1 Teaspoon Yeast

1 Teaspoon Salt

1/8 Teaspoon Chinese Five Spice Powder

3/4 Cup (6 Oz) Water, heated to between 105° F to 115° F.

Additional All Purpose Flour (to prevent the Dough from sticking to your hands and workspace)

4 Scallions (about 3/4 cup), finely chopped

2-3 Tablespoons Raw Sesame Seeds

2 Tablespoons Vegetable Oil (or another neutral oil)

Directions:

In a large bowl, add the Flour, Yeast, and Sugar, Salt, and Chinese Five Spice Powder. Use a wire whisk to mix well. Add the Water and mix with a spatula, until fully integrated. The Dough should be sticky and wet, but still workable.

Lightly Flour a clean work surface so that the Dough does not stick.

Knead the Dough and form a soft, smooth ball.

Cover the mixing bowl and rest for about 90 minutes. The Dough should triple in size.

Meanwhile, finely chop the Scallions and set them aside.

Punch down the Dough.

Turn out the Dough onto your work surface.

Roll out the Dough into a large rectangular Dough Sheet, about 12x18 inches.

The Dough Sheet should be a little less than 1/4 inch thick.

Brush the Dough Sheet with a thin layer of Oil.

Spread an even layer of Scallions across the Dough Sheet, ensuring full coverage.

Roll it up lengthwise into a tight Log. Use a scraper, as needed, so that the Dough doesn't stick to the work surface.

Continue to roll the Dough Log, removing air bubbles and compressing the Dough Log.

Wrap the Dough Log into a large spiral, like a cinnamon roll.

Roll out the Flatbread Dough into a 12" circle.

Sprinkle the top of the Flatbread liberally with half of Sesame Seeds, ensuring full coverage.

Use your hands or the oiled rolling pin to embed the Sesame Seeds into the Flatbread Dough.

Turn over the Flatbread and liberally apply the remainder of the Sesame Seeds to the top, ensuring full coverage.

Again, use your hands or the rolling pin to embed the Sesame Seeds into the Flatbread Dough.

Coat a large (12") frying pan with 1 Tablespoon Oil.

Spread it evenly across the bottom of the pan, then carefully move the Flatbread Dough into the pan. Lid the pan.

Place the pan on a cold stove top to rest the Dough in the pan for 30 minutes.

Turn on the burner to medium heat (about a "5" on my stovetop).

Pan-bake, with the lid still on, for 10 minutes

. The bottom of the Flatbread is finished when it turns a deep golden brown color.

If the bottom of the Flatbread is still unfinished, re-lid and **continue cooking, 1 minute at a time**, until the expected doneness is reached.

Use a large spatula to lift the Flatbread out of the pan.

Add 1 Tablespoon Oil to the pan and spread it around.

Move the Flatbread back into the pan, uncooked side down.

Lid and **cook for another 5 minutes**, or until the bottom reaches a deep golden brown color.

Cut into 8 slices and serve warm.