

Easy Mediterranean Pan Flatbread

February 22nd, 2020

This recipe serves: 1

Prep Time: 00:15

Cook Time: 00:00

This easy to make semi-flat bread recipe is ready to go in only 15 or 20 minutes. It will add a rustic dimension to any meal.

Ingredients:

8 ounces Bread Flour

1 Teaspoon Baking Powder

4 ounces Greek Yogurt

1 Teaspoon Olive Oil

Pinch of Salt

Directions:

Mix the dry ingredients in a bowl.

Incorporate the Yogurt until fully mixed.

DO NOT OVERWORK THE DOUGH.

Divide the dough into balls, just smaller than a tennis ball.

Use a rolling pin to roll each dough ball into a flat circle, about 1/8 inch thick

OR for a more rustic style of flatbread, hand-stretch each dough ball into a flat circle, about 6 inches diameter.

Heat a pan over medium or high heat. Add a small amount of oil.

Place the flatbread on the pan. The bread should puff-up a little.

Wait 2 minutes, then flip the bread.

Cook for another 90 seconds, then remove from the pan and serve.

You may need to experiment with your pan and stove top to find the right heat setting:

If the bread turns black, the heat is too high.

If the bread fails to puff, the heat may not be high enough OR the bread may not be rolled thinly enough.