

Taste That!

Baked Puffed Flatbread Makes 8 flatbreads 250 calories

- 1 pkg (2 ½ tsp) active dry yeast
- ¾ Cup warm (not hot) water
- 1 Tbsp olive oil
- 1 Tbsp honey
- 1/3 cup plain yogurt, preferably Greek style
- ¾ cup whole wheat flour, shaken through a strainer or colander to remove coarse flakes of bran
- 3-3 ½ cups all-purpose flour
- 1 ½ tsp salt
- 2-3 Tbsp sesame seeds

Sprinkle yeast over warm water in a small bowl and stir to dissolve. Let it sit for about 5 minutes until bubbly. Whisk in olive oil, honey and yogurt.

In a large bowl, combine sieved whole wheat flour, 3 cups all purpose flour and salt. Using a wooden spoon or a dough hook of a stand mixer, add the liquid ingredients and mix thoroughly, only add the additional ½ cup flour if the dough seems especially sticky.

Turn out onto flour surface and knead for about 5 minutes, using a scraper if necessary to lift and pull the dough over itself until it feels smooth and elastic, about 5 minutes. Try to resist adding additional flour, although humid conditions may require a bit more. This is a soft, tender dough.

Lightly coat a medium bowl with oil and place the dough face down, then flip so the coated side is on top. Cover with plastic wrap and let rise in a warm place until doubled in size, about 45 minutes.

When dough is ready, begin heating griddle on stovetop. If using the oven, preheat to 500 degrees. If you have a pizza stone, place that on the bottom rack to heat. Otherwise, place a heavy sheet pan in the oven. (You want to lay the flatbread dough on a hot surface to help it puff.)

Turn the risen dough out onto a lightly floured surface and divide into 8 pieces, forming each into balls. Cover with a cloth and let rest for 5 minutes.

With a rolling pin on a floured surface, roll a ball into a flat circle about 8 inches across, flipping once. If the dough shrinks and pulls back, let rest for a minute, then, continue to roll. Brush lightly with water and sprinkle with a scant teaspoon of sesame seeds. Roll once with the pin to help seeds adhere.

Gently lift the dough round and lay it on a hot griddle, pizza stone or baking sheet.

The dough soon will begin to puff and bubble. After 2 minutes, lift an edge to see how it's browning on the bottom. It should be golden and speckled. Flip and continue cooking for another minute or until the bread feels puffy with no doughy areas. Remove to clean kitchen towel and cover while you continue with the rest of the dough balls.

The flatbreads are best served the same day they're made, but will keep overnight if well-wrapped in plastic.