

Easy And Excellent Flatbread from Organic Test Kitchen .com

(pg. 1 of 2)

Blog Post "Easy And Excellent Flatbread"

This bread is both easy to make and delicious to eat. One of my favorite ways to enjoy this is to have it with a thin slice of sweet onion, some good cheese and a drizzle of olive oil on top. Awesome!

I think you'll love it. And you might find yourself getting into the habit of just cooking something great when the mood hits rather than it being a big planned out event. My father for instance will be in the mood for a piece of cake. Out come the pans and he's so expert at making his favorite cake (a cocoa cake) he can finish it quick, have fun and be eating warm real cake with topping before you know it.

Anyway, have fun and enjoy.

Shopping List

1 teaspoon of Active Dry Yeast

¼ cup of Extra Virgin Olive Oil

Fresh Oregano (you'll need 1 ½ tablespoons chopped)

½ tablespoon Thyme

Fresh Garlic (enough for 1 tablespoon chopped)

2 cups of Unbleached All-Purpose Flour

½ teaspoon Sea Salt

4 tablespoons Cornmeal (approximate)

Ingredients should be all-natural organic but you can substitute if necessary.

Preliminary (Proofing the yeast, forming the dough ball)

Chop the Oregano until you get 1 ½ Tablespoons. Place in a cup.

Measure out ½ tablespoon of Thyme. Place in a cup.

Chop the Garlic until you get 1 tablespoon. Place in a cup.

Measure out 2 cups of All-Purpose Flour. Place in a small bowl.

Measure out ½ teaspoon of Sea Salt. Place in a cup.

Heat up ¾ cups of water to 110F. Place in large bowl and add the dry yeast (do not go hotter than this or you may kill the yeast)

Easy And Excellent Flatbread from Organic Test Kitchen .com

(pg. 2 of 2)

Blog Post "Easy And Excellent Flatbread"

After 5-7 minutes you will notice a creamy or foamy kind of appearance to the water. This means the yeast is growing. Stir to help work in any undissolved granules.

Measure and add in 1/4 Cup of Extra Virgin Olive Oil

Add the Oregano

Add the Thyme

Add the Garlic

Stir well.

Stir in the Sea Salt

Stir in the Flour

Form the dough into a ball

Sprinkle a little flour on a cutting board. Place the ball on top and cover with a towel.

Let sit for 50 minutes.

The Main Event (Flattening the bread and baking)

Preheat the oven to 400F

Remove the towel and flatten the bread with your hands. Make into a circle like a pizza crust.

Make the circle flatter using a rolling pin

Cut in 8 wedges like a pizza.

Flatten each wedge to a thickness of pita bread you can buy in the store (about 1/8")

Take a baking sheet and sprinkle on some cornbread.

Place the wedges on it.

Put in the oven for about 10 min.

Remove from oven and brush the top with Extra Virgin Olive Oil

This is terrific real food that can make a great appetizer. Enjoy and live naturally