PRovencAl FougAsse
French Flatbread

1¾ C  413 g  Warm Water (120˚~130˚F)
1 TBS 10 g  Instant Yeast
¼ C  55 g  Extra Virgin Olive Oil
3 cloves 3 g  Garlic, chopped
1 TBS  2 g  Fresh Rosemary, chopped
1 TBS  2 g  Fresh Oregano, chopped
1 TBS  2 g  Fresh Thyme, chopped
1 TBS 10 g  Salt (DC kosher)
5¼ C  640 g  All-Purpose Flour (approx)
2 TBS 21 g  Semolina for dusting pans

- Measure warm water into a large mixing bowl.
- Mix in 2½ C of flour; stir briskly until smooth.
- With batter temperature under 110˚F, mix in yeast.
- Let batter rest (autolyse) while you continue with the recipe.
- In small saucepan combine olive oil and herbs.
- Cook over medium heat until garlic is tender (about 1 minute).
- Allow oil / herbs to cool; add salt and mix into batter.
- Mix in 2 C of flour, one at a time.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Preheat oven to 425˚F while dough rises.
- Prepare sheet pans with parchment (optional); sprinkle pans with semolina.
- Fold dough on itself a few times; knead briefly; divide in half.
- Allow dough to rest 5~10 minutes.
- Roll dough into rectangles (to just fit in sheet pans).
- Place dough on prepared pans.
- Cut 6 diagonal slits in dough (3 on each side); open slits to form ovals.
- Rise, covered, until almost but not quite doubled, about 20 minutes.
- Bake 15~20 minutes until golden and done.
- Enjoy warm or cool on a wire rack before storing.

Recipe Tip
- In the day of community bakeries in rural France, each family had a unique pattern that distinguished their bread from others. Be creative!
PITA BREAD
Turkish Flatbread Pockets

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1 C 236 g Warm Water (120˚~130˚F)
2 tsp 6 g Instant Yeast
2 tsp 7 g Salt (DC kosher)
1 TBS 14 g Extra Virgin Olive Oil
2¾ C 330 g All-Purpose Flour (approx)
2 TBS 15 g Flour for dusting counter

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• Measure warm water into a medium size mixing bowl.
• Mix in 1½ C of flour; stir briskly until smooth.
• With batter temperature under 110˚F, mix in yeast.
• Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
• Mix in salt, oil, and then 1 C of flour.
• Mix in additional flour, 1 TBS at a time, until dough starts to release from bowl.
• Dust dough and counter lightly with flour and turn dough out.
• Knead until dough is smooth and elastic, adding flour only as necessary.
• Rise, covered, in a lightly oiled bowl until doubled in bulk.
• Preheat oven and stone or 2 sheet pans to 450˚F while dough rises.
• Fold dough on itself a few times; knead briefly; divide into 6 equal pieces.
• If oven space is limited, shape and bake only 2 or 3 at a time.
• Initially, shape dough into round balls.
• Let dough rest, covered, 5~10 minutes.
• Prepare bread board or counter with a sprinkle with flour.
• Flatten balls and roll into rounds ¼-inch thick, 6~7 inches in diameter.
• Place rounds on floured surface; allow to rise, covered, 20~30 minutes.
• Transfer rounds to pre-heated stone or sheet pans.
• Bake in hot oven ~5 minutes until done.
• Pitas should puff up in the oven; they do not need to brown.
• Cover with a lint-free towel to keep pitas soft and warm.
• Enjoy warm or cool completely before storing.

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Recipe Tip
• For healthier pitas, substitute up to half the flour with whole wheat.
PARATHA
Unleavened Indian-style Whole Wheat Flatbread

1 C  120 g  All-Purpose Flour
1 C  120 g  Whole Wheat Flour
1 tsp  3 g  Salt (DC kosher)
1 C  236 g  Warm Water (120˚F)
1 TBS  14 g  Oil

• Blend A-P flour, W/W flour, and salt in a mixing bowl.
• Mix in water until you have a kneadable dough.
• Dough should be soft but not wet.
• Lightly oil your hand and knead dough in the bowl for 3 minutes.
• Allow dough to rest, covered, 5~10 minutes.
• While dough rests, preheat griddle or skillet to medium-high.
• Knead briefly and divide dough into 8~10 chestnut-size pieces.
• Form pieces into round dough balls by rolling between your palms.
• Coat a dough ball with slight dusting of flour.
• Roll the dough ball into a 3-inch round.
• Brush with a drop or two of oil and fold in half.
• Brush the half with a drop of oil and fold in half again.
• Repeat this process with the other pieces of dough.
• Coat a dough piece on both sides with slight dusting of flour.
• Then roll it out to a 5-inch circle (crepe-thick).
• Repeat the rolling process with a few more pieces.
• Bake on griddle or skillet to golden spots, about a minute/side.
• Store in covered bowl to keep soft and warm until served.
• Complete rolling and baking of remaining pieces.

Recipe Tip
• For fresh bread on a hot summer day, try baking Indian flatbread on the grill.
• You won’t heat up the kitchen, and the bread will have nice grill marks!

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NAAN
Leavened Indian-style Whole Wheat Flatbread

1 C 236 g Warm Water (120˚F)
1½ C 180 g All-Purpose or Bread Flour
1 tsp 4 g Sugar
1 tsp 3 g Instant Yeast
1 tsp 3 g Salt (DC kosher)
2 TBS 27 g Oil (or melted butter/margarine)
2 TBS 31 g Yogurt (optional)
1 C 120 g Whole Wheat Flour

• Measure warm water into a mixing bowl.
• Mix in 1 C of A-P flour (not all of it!) and sugar and beat well.
• With batter temperature under 110˚F, mix in yeast.
• Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
• Mix in salt, oil, yogurt, and whole wheat flour.
• Mix in slightly more A-P flour until dough is just kneadable.
• Knead right in the bowl for a few minutes.
• Rise, covered, in oiled bowl 30~60 minutes.
• If using a stone, preheat oven + stone to 475˚F while dough rises.
• Fold dough on itself a few times and knead briefly.
• Divide dough into 6 equal size pieces.
• Form pieces into round dough balls by rolling between your palms.
• Allow dough to rest 5~10 minutes.
• If not using a stone, preheat griddle or skillet to medium-high.
• Using a pin, roll dough balls out into 8-inch circles.
• Bake to golden, about 2~3 min/side.
• Enjoy warm or cool before storing.
MANAKISH
Lebanese Flat Bread

2 C 472 g Warm Water (120˚~130˚F)
1 TBS 13 g Granulated Sugar
5½ C 660 g Bread Flour (approx)
1 TBS 10 g Instant Yeast
1 TBS 10 g Salt (DC kosher)
4 TBS 55 g Olive Oil (+ more for tops)
1 TBS 11 g Semolina for dusting pans
7 TBS 70 g Zaatar Spice Blend

- Measure warm water into a large mixing bowl.
- Mix in sugar and 3 C of flour; stir briskly until smooth.
- With batter temperature under 110˚F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, 4 TBS oil, and then 2 C of flour, one at a time.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Preheat oven and stone or sheet pan to 400˚F while dough rises.
- Prepare parchment with a sprinkle with semolina.
- Fold risen dough on itself a few times; knead briefly; divide dough in half.
- Bench rest 5~10 minutes.
- Roll dough into rectangles; place dough on parchment.
- Cut diagonal slits in dough; open slits to form ovals.
- Brush tops with additional oil and sprinkle with zaatar spice blend.
- Rise, covered, until almost but not quite doubled, about 20 minutes.
- Bake 15~20 minutes until golden and done.
- Enjoy warm or cool on a wire rack before storing.

ZAATAR SPICE BLEND

4 TBS Thyme
1 TBS Toasted Sesame Seeds
1 TBS Ground Sumac
1 TBS Salt

- Combine all ingredients and mix well.
- Transfer to a shaker-top container for storage and easy use.

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FOCACCIAS

2 C 472 g Warm Water (120˚~130˚F)
5¼ C 630 g Bread Flour (approx)
1 TBS 10 g Instant Yeast
1 TBS 10 g Salt (DC kosher)
2 TBS 28 g Extra Virgin Olive Oil for dough
1 TBS 14 g Extra Virgin Olive Oil for topping (approx)
2 TBS 4 g Fresh Rosemary, chopped (optional, for topping)
1 tsp 3 g Coarse Sea Salt (optional, for topping)

• Measure warm water into a large mixing bowl.
• Mix in 3 C of flour; stir briskly until smooth.
• With batter temperature under 110˚F, mix in yeast.
• Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
• Mix in salt, 2 TBS oil, and then 2 C of flour, one at a time.
• Dust dough and counter lightly with ¼ C flour and turn dough out.
• Stretch and fold to knead; dough should be sticky inside; do not over flour.
• Rise, covered, until doubled in bulk, 30~40 minutes.
• Preheat oven (and baking stone if available) to 450˚F while dough rises.
• Oil sheet pans (non-stick preferred).
• Divide dough in half (for two loaves).
• Stretch / roll / press dough out to ¾-inch thick.
• Transfer dough to prepared pans.
• Brush (or spray) top of dough with olive oil.
• Insert finger tips straight down into dough; make random indentations all over.
• Sprinkle with toppings: rosemary and/or coarse sea salt.
• Additional rise is not necessary. Bake to golden brown color, 15~20 minutes.
• Enjoy warm or cool on a wire rack before storing.

Recipe Tips
• For breakfast focaccia, substitute butter for oil (in dough and on top) and dust with cinnamon sugar.
• Use light brown sugar for even more flavor.
FOCACCIA
with Asiago & Chives

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<th>Ingredient</th>
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<th>Weight</th>
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<tr>
<td>Warm Water</td>
<td>2 C</td>
<td>472 g</td>
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<tr>
<td>All-Purpose Flour</td>
<td>5½ C</td>
<td>660 g</td>
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<tr>
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<td>1 TBS</td>
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<tr>
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<tr>
<td>Extra Virgin Olive Oil</td>
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<td>Fresh Chives, chopped</td>
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<td>Asiago Cheese, grated</td>
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<td>Semolina for dusting pans</td>
<td>1 TBS</td>
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</table>

- Measure warm water into a large mixing bowl.
- Mix in 3 C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, olive oil, and then 2 C of flour, one at a time.
- Dust dough and counter lightly with ¼ C flour and turn dough out.
- Stretch and fold to knead; dough should be sticky inside; do not over flour.
- Rise, covered, until doubled in bulk, 30~40 minutes.
- Preheat oven (and baking stone if available) to 450°F while dough rises.
- Prepare pans with parchment and sprinkle with semolina.
- Divide dough in half (for two loaves).
- Stretch / roll / press dough out to ¾-inch thick.
- Transfer dough to prepared pans; brush top of dough with butter.
- Insert finger tips straight down into dough; make random indentations all over.
- Sprinkle with toppings: fresh chives and grated asiago cheese.
- Additional rise is not necessary. Bake to golden brown color, 15~20 minutes.
- Enjoy warm or cool on a wire rack before storing.
PALE CARASAU
Sardinian Flat Bread

- Measure warm water into a large mixing bowl.
- Mix in 2 C of flour; stir or whisk briskly until smooth.
- With batter temperature under 110°F, mix in yeast and stir well.
- Optionally, let batter rest 10~15 minutes (autolyse) while sponge develops.
- Mix in salt and then 1½ C of flour; mix well.
- Mix in additional flour, ¼ C at a time, until dough releases from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour as necessary.
- Leave dough on counter, cover with a bowl, and rest 20~30 minutes.
- Preheat oven and baking stone or heavy inverted sheet pan to 475°F.
- Fold rested dough on itself a few times and divide in half.
- Return one half to covered bowl while you proceed with first half.
- Divide first half of dough into 4 equal size pieces, about 100 g each.
- Roll pieces (under the palm of your hand) to form smooth balls.
- Dust counter with flour; then flatten and roll first ball out to extremely thin.
- Bake on a very hot surface ~ 3 minutes until it puffs up and browns lightly.
- While the first piece bakes roll out the second ball.
- Flip (with pancake turner) and bake the other side 2~3 minutes.
- Remove from oven and carefully cut along edge to make 2 sheets.
- Rebake both sheets, raw side down, to brown lightly.
- Remove first batch from oven and continue baking remaining pieces.
- When first half of dough has been baked repeat steps with second half.

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FLOUR TORTILLAS
for burritos, wraps, and gyros

3½ C  420 g  Unbleached All-Purpose Flour
2 tsp  7 g  Salt (DC kosher)
1 tsp  5 g  Baking Powder
⅓ C  75 g  Vegetable Oil
1 C  236 g  Warm Water
as required  Flour for bench

• Mix dry ingredients in a medium mixing bowl.
• Mix in vegetable oil; then mix in water until a sticky ball forms.
• Knead dough briefly on a floured board until smooth and elastic.
• Optionally, wrap in plastic and let rest for 15 minutes.
• Quarter dough into 4 equal size pieces (~ 185 g each).
• Work with one quarter at a time, keeping others wrapped in plastic.
• Divide a quarter into 4 equal size pieces (~ 46 g each).
• Shape the pieces into balls; flatten with the palm of your hand.
• Heat a dry griddle or heavy skillet on a medium-high burner.
• On a floured board, roll pieces out to 7 ~ 8-inch diameter round.
• Cook the tortilla until golden or a few brown spots form on both sides.
• Do not over-cook or they will dry out and become hard.
• Place cooked tortillas under a damp towel to keep soft.
• When cooled enough, transfer to a large zipper-top plastic bag.
• Repeat to shape and cook remaining tortillas.

Recipe Tips
• Store in zipper-top plastic bag for easy access. Use within a couple days or freeze to keep longer. Place parchment or wax paper between tortillas before freezing.
• Use for burritos, lunch wraps, or Greek gyros.