

Edible Perspective

3.13.13

Quick Gluten-Free Flat Bread gluten-free // yields 12-14 flat breads, ~8x4-inch

adapted from: Ashley's 5-Minute Naan

This version is much more flat bread-like than fluffy, doughy naan.

- 1 1/2 cups gluten-free oat flour, plus more for rolling
 - 2/3 cup sweet rice flour
 - 1/2 cup raw buckwheat flour
 - 2 teaspoons pure cane sugar
 - 1 + 1/8 teaspoon baking powder
 - 1 teaspoon salt
 - 1/2 cup plain Greek yogurt
 - 1/2 cup unsweetened almond milk, or 2%
 - 2 tablespoons melted ghee, or coconut oil, butter, sunflower/safflower oil, plus more for cooking
1. In a large bowl mix together all of the dry ingredients together.
 2. Whisk together the wet ingredients into another bowl and pour into the dry bowl, stirring until a thick dough starts to form, then continue with your hands.
 3. Mix/knead in the bowl until all of the flour is contained in one dough ball.
 4. Flour a flat surface with oat flour and place the dough on top.
 5. Knead about 15 – 20 times until the dough turns into a smooth ball that springs back slightly when pressed. Add more flour if necessary. [refer to 2nd photo]
 6. Portion out pieces about the size of a golf ball [or slightly larger – refer to 3rd photo], lightly flour the dough ball and gently roll out to about 1/8-inch thick.
 7. Heat a large pan or skillet over medium/med-high with a dab of ghee, coconut oil, or butter. Re-grease before cooking each flat-bread. Or lightly brush each side of the rolled out dough with melted butter/oil.
 8. Once hot, transfer the dough carefully with a large, metal spatula and cook for about 1 1/2 minutes per side, or until golden brown. The dough will start to lightly puff up and it should very easily flip to the other side.
 9. Cool slightly on a wire rack and serve warm.
 10. Repeat until all dough is cooked.

To store: Wrap extra bread tightly in saran wrap and place in the fridge. Re-heat over med-low heat in a pan on both sides until warm.

Troubleshooting: *This recipe really isn't difficult but here are some tips I learned in the process.*

- Best if working with room temperature ingredients.

- You can make the dough ahead of time, stopping after step 5 and tightly wrapping in saran. Place in the fridge overnight and then follow instructions once ready to cook.
- The amount of liquid/flour will slightly vary depending on the freshness of your flour and how finely it's ground. You may want to half the recipe for a trial batch to determine how much you'll need.
- If the mixture is not all coming together add 1/2 – 1 tablespoon milk at a time until it does. You want a soft, pliable dough that is not crumbly or tacky. If your flat bread breaks apart after cooking your dough was too dry.
- If the mixture is too wet add 1 tablespoon at a time of oat flour until it comes together and isn't fully sticking to the bowl.
- Roll in whatever shape you prefer, making sure it's smaller than the length of your pan.
- You can grind oat flour in a blender, spice grinder, or magic bullet, until soft and flour-like. Use oat groats, steel cut oats, or rolled oats.
- You can grind buckwheat flour the same way from raw buckwheat groats [typically found in bulk bins or sometimes boxed in the GF aisle] which are a pale yellow-green color. Not "kasha" or "toasted buckwheat."
- Do not sub white or brown rice flour for the sweet rice flour. Check [this link](#) for more information.
- It *may* be possible [have not tested this!] a gluten-free all-purpose flour mix would work in place of all 3 flours listed above. The milk amount will likely vary.