

Homemade Flatbread

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Recipe from: Michelle Day

Here's what you need:

2-1/2 tsp. yeast
1 Tbs. sugar
2/3 cup warm water (105 - 110 degrees)
3/4 warm milk, whole (105 - 110 degrees)
1 Tbs. butter, at room temperature or heated with the milk
1-1/2 tsp. salt
1 Tbs. olive oil, plus more for the bowl
3-1/2 - 4 cup all-purpose flour, I used unbleached for everything

If you don't have a warm place to raise the dough preheat oven to 170 degrees.

In a measuring cup place the warm water, yeast and sugar to proof the yeast for 5 minutes (the yeast should get a soft pillowy foam on top).

In the bowl of a stand mixer place the flour and salt and mix well, then add the softened butter if you aren't heating it with the milk. I have done it both ways and it comes out the same.

Add the milk mixture, olive oil, and the yeast mixture to the flour mixture and using a dough hook start on low and mix until all the flour is incorporated. Adding more flour if it sticks to the sides.

The dough should look smooth and knead easily without sticking.

Knead on low (2-4) for 8 minutes.

When the dough is completely kneaded remove the bowl from mixing stand and add about 1 Tablespoon of olive oil and turn to coat the dough completely. Place a piece of plastic wrap over the bowl and a kitchen towel on top.

Set in a warm place (I use the top of my 170 degree stove) for about hour or until doubled in size.

Pour out onto a piece of parchment and divide into 10-12 pieces of dough.

Let rest for 10 minutes while preheating the skillet. I used a flat skillet on medium high. Roll out the dough pieces into a thin circle (ish) piece about as thick as a tortilla and place on the skillet.

The dough will start to get little bubbles on top and be slightly brown on the bottom when it is ready to flip. Mine took about 45 seconds per side.

Place inside of a clean kitchen towel to keep warm while finishing.

Stand back and watch them be devoured! Yummy!

They will keep for 2-3 days in a tightly sealed zip top bag. You will need to reheat them in the micro for about 20 seconds each.

Enjoy!

Serves 10-14 flat breads