Flat Bread

Makes TWO 12 - 14 -inch breads
Flat bread shown has a topping of shredded cheese, Italian seasonings and olive oil.

Ingredients

For the basic dough
1 ¼ cups all purpose flour, plus extra for dusting
1 cup PLUS 2 tablespoons OO flour
1 teaspoon sea salt
¾ teaspoon active dry yeast
1 cup lukewarm water
1 teaspoon olive oil

Your toppings of choice!
Oil, seasonings, cheese, olives, thinly-sliced tomatoes, sun-dried tomatoes, flavored oils, etc.

Steps

1. In a large bowl combine both flours and the salt together.

2. In a liquid measuring cup, combine the water, yeast and olive oil. Wait a few minutes for the yeast to dissolve and begin to foam.

3. Add the liquid mixture to the flours and mix with a spatula until well-combined. Let the mixture rest for 15 minutes. Mixture should be very sticky.

4. Mix the dough again with the spatula making sure you are using the spatula to fold the dough over onto itself. Scrape down the sides of your bowl. You can take the dough out of the bowl and place it into a large container so it has room to grow. Cover and refrigerate for 8 - 24 hours. *I find dough is easier to work with when it's cold. So I usually make this dough the night before.*

5. About 30 minutes before you want to shape the dough, take it out of the refrigerator. Divide the dough in half and roll each half on a floured surface. The dough will be very sticky. *I also use and LOVE non-stick foil as after I roll out each ball I move it to a piece of non-stick foil and put toppings on. Then I can move the foil onto a pizza peel and to the BBQ to get the flatbread onto the stone. I wait about 3 minutes once it's on the stone before opening the BBQ and carefully pulling the foil out from under the flatbread so the crust gets direct contact with the hot stone.*

6. Preheat BBQ (or oven) to 500°F. Baking time will vary depending on how hot your oven or BBQ gets. My flatbread cooks in about 5 minutes. I know it's done when the bottom of the crust has brown spots and the cheese bubbles and the top crust also has some brown spots too.