

YOGHURT FLATBREAD

Yield: 8

200-250g	Water, tepid
2 & ¼ tsp	Yeast, active
1 tsp	White Sugar
470g	All Purpose Flour
1 tsp	Salt
2 tbsp	Olive Oil
240g	Greek Yoghurt



METHOD

Place all the ingredients except the water into the bowl of a stand mixer fitted with dough hook attachment.

** If you are using instant yeast, bloom the yeast in a small amount of water to activate before using.

Add the water, starting with 200g. The texture/brand of the yoghurt will affect the consistency of the dough. Mix the dough for 4 minutes, adding additional water a little at a time until the dough has come together. Turn the mixer to medium speed and mix for a further 6 minutes.

Transfer the dough to a clean bowl, cover with plastic wrap and leave in a warm position for 1-2 hours until doubled in size. When the dough has finished proofing, weigh the dough and divide into 8 equal portions. Cover the dough with plastic wrap and let rest for 5 minutes.

After 5 minutes, one at a time, turn the dough ball over, fold the sides together in the centre and pinch the seam closed. Keep the dough covered during this process.

Place a heavy based frypan onto medium-high heat and have a lid ready. Lightly sprinkle some flour onto a clean work surface and place the first ball of dough. Gently roll the dough to deflate the air. Roll evenly on all sides to create a circle shape, rolling very thin.

Place the first flatbread circle onto the hot pan and cover with the lid. After 15-30 seconds (time varies depending on your pan), you will see large air bubbles forming on the surface. Remove the lid and cook for a further 30 seconds.

During this time, roll the next portion of dough. Flip the flatbread and cook the other side for 60 seconds. The flatbread will immediately puff up after flipping and deflate while resting. Cook until it has golden brown spots on the other side.

Remove the flatbread and place onto a clean kitchen towel and wrap up, to keep warm.

Place the next rolled dough circle onto the pan. Continue the process until all flatbreads are cooked. Keep the flatbreads wrapped tightly in the kitchen towel until serving.