



# CAPERNAUM FLATBREAD

## Ingredients

- water
- flour
- cornmeal
- salt

## Instructions

### 1. MIX UP YOUR DRY INGREDIENTS

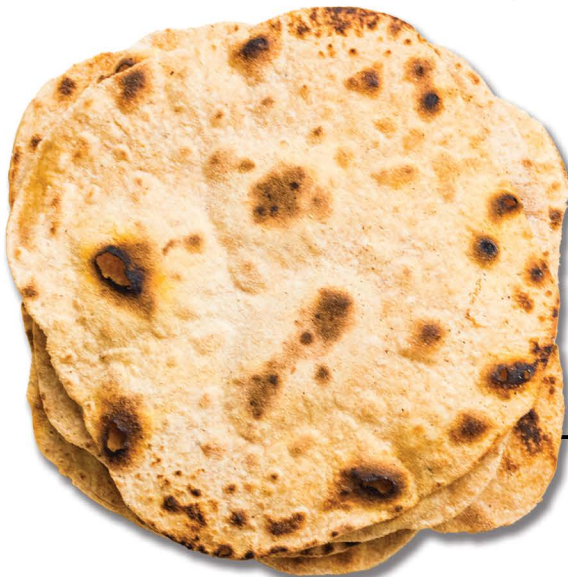
Smooth some flour (any type, or a blend: white, wheat, ancient grains, gluten-free) onto your working surface. Make a little mound of flour (a handful will make one piece of flatbread). Add a pinch of salt, and if you want, sprinkle in a little cornmeal for texture. Give it a quick mix with your fingertips.

### 2. ADD LIQUID AND WATCH IT TURN INTO DOUGH

Create a well in your mound of flour with your spoon. Drip a little water into the well and slowly mix it in with your spoon, then start using your fingers. It will start to form a little ball.

### 3. HEAT UP YOUR CAST IRON SKILLET ON HIGH HEAT

Roll out your dough until it's about 1/8 inch thick. Once you've got it rolled out, give your dough a little stretch before placing it into the hot, dry (no oil) pan. Let the first side cook for about a minute. You may see some bubbles forming which is just what you want - you can press your flatbread with a spatula to help more bubbles form. Flip and sear the other side, then slide it onto your plate and enjoy!



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