

TESTED RECIPES **9**



# Bread Class Recipes

by Don Dickey

**Flatbread Edition**

***Textbook for Breadmaking  
Beginner to Advanced***

# PROVENÇAL FOUGASSE

French Flatbread



1¾ C	413 g	Warm Water (120°~130°F)
1 TBS	10 g	Instant Yeast
¼ C	55 g	Extra Virgin Olive Oil
3 cloves	3 g	Garlic, chopped
1 TBS	2 g	Fresh Rosemary, chopped
1 TBS	2 g	Fresh Oregano, chopped
1 TBS	2 g	Fresh Thyme, chopped
1 TBS	10 g	Salt (DC kosher)
5⅓ C	640 g	All-Purpose Flour (approx)
2 TBS	21 g	Semolina for dusting pans

- Measure warm water into a large mixing bowl.
- Mix in 2½ C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Let batter rest (autolyse) while you continue with the recipe.
- In small saucepan combine olive oil and herbs.
- Cook over medium heat until garlic is tender (about 1 minute).
- Allow oil / herbs to cool; add salt and mix into batter.
- Mix in 2 C of flour, one at a time.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Preheat oven to 425°F while dough rises.
- Prepare sheet pans with parchment (optional); sprinkle pans with semolina.
- Fold dough on itself a few times; knead briefly; divide in half.
- Allow dough to rest 5~10 minutes.
- Roll dough into rectangles (to just fit in sheet pans).
- Place dough on prepared pans.
- Cut 6 diagonal slits in dough (3 on each side); open slits to form ovals.
- Rise, covered, until almost but not quite doubled, about 20 minutes.
- Bake 15~20 minutes until golden and done.
- Enjoy warm or cool on a wire rack before storing.

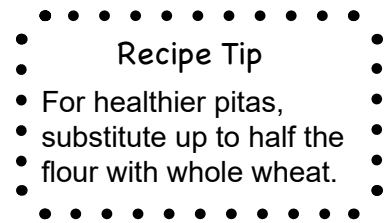
## Recipe Tip

- In the day of community bakeries in rural France, each family had a unique pattern that distinguished their bread from others. Be creative!

# PITA BREAD

## Turkish Flatbread Pockets

1 C	236 g	Warm Water (120°~130°F)
2 tsp	6 g	Instant Yeast
2 tsp	7 g	Salt (DC kosher)
1 TBS	14 g	Extra Virgin Olive Oil
2¾ C	330 g	All-Purpose Flour (approx)
2 TBS	15 g	Flour for dusting counter



- Measure warm water into a medium size mixing bowl.
- Mix in 1½ C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, oil, and then 1 C of flour.
- Mix in additional flour, 1 TBS at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Preheat oven and stone or 2 sheet pans to 450°F while dough rises.
- Fold dough on itself a few times; knead briefly; divide into 6 equal pieces.
- If oven space is limited, shape and bake only 2 or 3 at a time.
- Initially, shape dough into round balls.
- Let dough rest, covered, 5~10 minutes.
- Prepare bread board or counter with a sprinkle with flour.
- Flatten balls and roll into rounds ¼-inch thick, 6~7 inches in diameter.
- Place rounds on floured surface; allow to rise, covered, 20~30 minutes.
- Transfer rounds to pre-heated stone or sheet pans.
- Bake in hot oven ~5 minutes until done.
- Pitas should puff up in the oven; they do not need to brown.
- Cover with a lint-free towel to keep pitas soft and warm.
- Enjoy warm or cool completely before storing.



# PARATHA

## Unleavened Indian-style Whole Wheat Flatbread

1 C	120 g	All-Purpose Flour
1 C	120 g	Whole Wheat Flour
1 tsp	3 g	Salt (DC kosher)
1 C	236 g	Warm Water (120°F)
1 TBS	14 g	Oil

- Blend A-P flour, W/W flour, and salt in a mixing bowl.
- Mix in water until you have a kneadable dough.
- Dough should be soft but not wet.
- Lightly oil your hand and knead dough in the bowl for 3 minutes.
- Allow dough to rest, covered, 5~10 minutes.
- While dough rests, preheat griddle or skillet to medium-high.
- Knead briefly and divide dough into 8~10 chestnut-size pieces.
- Form pieces into round dough balls by rolling between your palms.
- Coat a dough ball with slight dusting of flour.
- Roll the dough ball into a 3-inch round.
- Brush with a drop or two of oil and fold in half.
- Brush the half with a drop of oil and fold in half again.
- Repeat this process with the other pieces of dough.
- Coat a dough piece on both sides with slight dusting of flour.
- Then roll it out to a 5-inch circle (crepe-thick).
- Repeat the rolling process with a few more pieces.
- Bake on griddle or skillet to golden spots, about a minute/side.
- Store in covered bowl to keep soft and warm until served.
- Complete rolling and baking of remaining pieces.



### Recipe Tip

- For fresh bread on a hot summer day,
- try baking Indian flatbread on the grill.
- You won't heat up the kitchen, and the
- bread will have nice grill marks!

# NAAN

## Leavened Indian-style Whole Wheat Flatbread

1 C	236 g	Warm Water (120°F)
1½ C	180 g	All-Purpose or Bread Flour
1 tsp	4 g	Sugar
1 tsp	3 g	Instant Yeast
1 tsp	3 g	Salt (DC kosher)
2 TBS	27 g	Oil (or melted butter/margarine)
2 TBS	31 g	Yogurt (optional)
1 C	120 g	Whole Wheat Flour

- Measure warm water into a mixing bowl.
- Mix in 1 C of A-P flour (not all of it!) and sugar and beat well.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, oil, yogurt, and whole wheat flour.
- Mix in slightly more A-P flour until dough is just kneadable.
- Knead right in the bowl for a few minutes.
- Rise, covered, in oiled bowl 30~60 minutes.
- If using a stone, preheat oven + stone to 475°F while dough rises.
- Fold dough on itself a few times and knead briefly.
- Divide dough into 6 equal size pieces.
- Form pieces into round dough balls by rolling between your palms.
- Allow dough to rest 5~10 minutes.
- If not using a stone, preheat griddle or skillet to medium-high.
- Using a pin, roll dough balls out into 8-inch circles.
- Bake to golden, about 2~3 min/side.
- Enjoy warm or cool before storing.



# MANAKISH

## Lebanese Flat Bread

2 C	472 g	Warm Water (120°~130°F)
1 TBS	13 g	Granulated Sugar
5½ C	660 g	Bread Flour (approx)
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
4 TBS	55 g	Olive Oil (+ more for tops)
1 TBS	11 g	Semolina for dusting pans
7 TBS	70 g	Zaatar Spice Blend



- Measure warm water into a large mixing bowl.
- Mix in sugar and 3 C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, 4 TBS oil, and then 2 C of flour, one at a time.
- Mix in additional flour, ¼ C at a time, until dough starts to release from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour only as necessary.
- Rise, covered, in a lightly oiled bowl until doubled in bulk.
- Preheat oven and stone or sheet pan to 400°F while dough rises.
- Prepare parchment with a sprinkle with semolina.
- Fold risen dough on itself a few times; knead briefly; divide dough in half.
- Bench rest 5~10 minutes.
- Roll dough into rectangles; place dough on parchment.
- Cut diagonal slits in dough; open slits to form ovals.
- Brush tops with additional oil and sprinkle with zaatar spice blend.
- Rise, covered, until almost but not quite doubled, about 20 minutes.
- Bake 15~20 minutes until golden and done.
- Enjoy warm or cool on a wire rack before storing.

## ZAATAR SPICE BLEND

4 TBS	Thyme
1 TBS	Toasted Sesame Seeds
1 TBS	Ground Sumac
1 TBS	Salt

- Combine all ingredients and mix well.
- Transfer to a shaker-top container for storage and easy use.

# FOCACCIA

2 C	472 g	Warm Water (120°~130°F)
5¼ C	630 g	Bread Flour (approx)
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
2 TBS	28 g	Extra Virgin Olive Oil for dough
1 TBS	14 g	Extra Virgin Olive Oil for topping (approx)
2 TBS	4 g	Fresh Rosemary, chopped (optional, for topping)
1 tsp	3 g	Coarse Sea Salt (optional, for topping)

- Measure warm water into a large mixing bowl.
- Mix in 3 C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, 2 TBS oil, and then 2 C of flour, one at a time.
- Dust dough and counter lightly with ¼ C flour and turn dough out.
- Stretch and fold to knead; dough should be sticky inside; do not over flour.
- Rise, covered, until doubled in bulk, 30~40 minutes.
- Preheat oven (and baking stone if available) to 450°F while dough rises.
- Oil sheet pans (non-stick preferred).
- Divide dough in half (for two loaves).
- Stretch / roll / press dough out to ¾-inch thick.
- Transfer dough to prepared pans.
- Brush (or spray) top of dough with olive oil.
- Insert finger tips straight down into dough; make random indentations all over.
- Sprinkle with toppings: rosemary and/or coarse sea salt.
- Additional rise is not necessary. Bake to golden brown color, 15~20 minutes.
- Enjoy warm or cool on a wire rack before storing.



## Recipe Tips

- For breakfast focaccia,
- substitute butter for oil (in
- dough and on top) and
- dust with cinnamon sugar.
- Use light brown sugar for
- even more flavor.

# FOCACCIA

with Asiago & Chives

2 C	472 g	Warm Water (120°~130°F)
5½ C	660 g	All-Purpose Flour (approx)
1 TBS	10 g	Instant Yeast
1 TBS	10 g	Salt (DC kosher)
¼ C	56 g	Extra Virgin Olive Oil for dough
3 TBS	42 g	Butter for topping (approx)
½ C	45 g	Fresh Chives, chopped
⅔ C	64 g	Asiago Cheese, grated
1 TBS	11 g	Semolina for dusting pans

- Measure warm water into a large mixing bowl.
- Mix in 3 C of flour; stir briskly until smooth.
- With batter temperature under 110°F, mix in yeast.
- Optionally, let batter rest 15~30 minutes (autolyse) while sponge develops.
- Mix in salt, olive oil, and then 2 C of flour, one at a time.
- Dust dough and counter lightly with ¼ C flour and turn dough out.
- Stretch and fold to knead; dough should be sticky inside; do not over flour.
- Rise, covered, until doubled in bulk, 30~40 minutes.
- Preheat oven (and baking stone if available) to 450°F while dough rises.
- Prepare pans with parchment and sprinkle with semolina.
- Divide dough in half (for two loaves).
- Stretch / roll / press dough out to ¾-inch thick.
- Transfer dough to prepared pans; brush top of dough with butter.
- Insert finger tips straight down into dough; make random indentations all over.
- Sprinkle with toppings: fresh chives and grated asiago cheese.
- Additional rise is not necessary. Bake to golden brown color, 15~20 minutes.
- Enjoy warm or cool on a wire rack before storing.





# PANE CARASAU

Sardinian Flat Bread

1½ C	354 g	Warm Water (120°F)
4½ C	480 g	Bread Flour (approx) OR up to half durum flour
1 TBS	10 g	Instant Yeast
1 tsp	3 g	Salt (DC kosher)

- Measure warm water into a large mixing bowl.
- Mix in 2 C of flour; stir or whisk briskly until smooth.
- With batter temperature under 110°F, mix in yeast and stir well.
- Optionally, let batter rest 10~15 minutes (autolyse) while sponge develops.
- Mix in salt and then 1½ C of flour; mix well.
- Mix in additional flour, ¼ C at a time, until dough releases from bowl.
- Dust dough and counter lightly with flour and turn dough out.
- Knead until dough is smooth and elastic, adding flour as necessary.
- Leave dough on counter, cover with a bowl, and rest 20~30 minutes.
- Preheat oven and baking stone or heavy inverted sheet pan to 475°F.
- Fold rested dough on itself a few times and divide in half.
- Return one half to covered bowl while you proceed with first half.
- Divide first half of dough into 4 equal size pieces, about 100 g each.
- Roll pieces (under the palm of your hand) to form smooth balls.
- Dust counter with flour; then flatten and roll first ball out to extremely thin.
- Bake on a very hot surface ~ 3 minutes until it puffs up and browns lightly.
- While the first piece bakes roll out the second ball.
- Flip (with pancake turner) and bake the other side 2~3 minutes.
- Remove from oven and carefully cut along edge to make 2 sheets.
- Rebake both sheets, raw side down, to brown lightly.
- Remove first batch from oven and continue baking remaining pieces.
- When first half of dough has been baked repeat steps with second half.



# FLOUR TORTILLAS

for burritos, wraps, and gyros

3½ C	420 g	Unbleached All-Purpose Flour
2 tsp	7 g	Salt (DC kosher)
1 tsp	5 g	Baking Powder
⅓ C	75 g	Vegetable Oil
1 C	236 g	Warm Water
as required		Flour for bench

- Mix dry ingredients in a medium mixing bowl.
- Mix in vegetable oil; then mix in water until a sticky ball forms.
- Knead dough briefly on a floured board until smooth and elastic.
- Optionally, wrap in plastic and let rest for 15 minutes.
- Quarter dough into 4 equal size pieces (~ 185 g each).
- Work with one quarter at a time, keeping others wrapped in plastic.
- Divide a quarter into 4 equal size pieces (~ 46 g each).
- Shape the pieces into balls; flatten with the palm of your hand.
- Heat a dry griddle or heavy skillet on a medium-high burner.
- On a floured board, roll pieces out to 7 ~ 8-inch diameter round.
- Cook the tortilla until golden or a few brown spots form on both sides.
- Do not over-cook or they will dry out and become hard.
- Place cooked tortillas under a damp towel to keep soft.
- When cooled enough, transfer to a large zipper-top plastic bag.
- Repeat to shape and cook remaining tortillas.

## Recipe Tips

- Store in zipper-top plastic bag for easy access. Use within a couple days or freeze to keep longer. Place parchment or wax paper between tortillas before freezing.
- Use for burritos, lunch wraps, or Greek gyros.