Flatbread

Stovetop Recipe, No Sharp Tools Needed
25 Minutes
2 Servings

Flatbreads are made from pantry ingredients and are a staple found on tables across cultures. Follow the steps below to make 4 individual rounds, or make 1 large round. Flatbread can be baked in an oven or toaster oven instead of cooked on the stovetop. If using an oven, place on a lightly greased tray and bake for 6 to 12 minutes depending on size.

INGREDIENTS:

- 1 cup flour, plus additional amount if needed while working
- ¾ cups water, milk, yogurt, or sour cream
- 1½ teaspoons oil or softened butter, plus small, additional amount for saute pan (optional)
- ¾ teaspoon baking powder (optional)
- ¼ teaspoon salt (optional)

TOOLS:

- Measuring cups
- Measuring spoons
- Large bowl
- Large spoon
- Rolling pin or plastic cup (optional tool)
- Potholder
- Saute pan
- Spatula with a flat side

STEPS:

1. **Mix** all ingredients together. If possible, let rest covered on the counter for 1 to 6 hours.
2. **Divide** the dough into 4 pieces and place on a clean surface. Add more flour if the dough is sticky as you work. **Roll** each piece of dough in flour.
3. **Flatten** each piece of dough into a thin circle or any shape. Spread out the flattened pieces of dough so they do not stick to each other.
4. **Heat** saute pan over a medium temperature and add a small amount of oil or butter.
5. **Cook** each flatbread for 3 to 4 minutes on each side, or until each side has golden brown spots of color.

CHECK IT OUT!

*Fry Bread, a Native American Story* by Kevin Noble Malliard is a picture book available for digital checkout, and shares insights into Native American foodways. *You and I Eat the Same* by the MAD Foundation explores foods that have similarities and differences across cultures, including flatbread, and is available for physical checkout.

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