

Flatbread Art Dough –Slow Rise

from the kitchen of



Makes: 1 full sized baking sheet (you can freeze all the dough you don't need)

Preheat your oven to 550 degrees. The oven rack should be at the bottom of the oven.

Ingredients:

½ tsp.	dry active yeast
1 tsp.	sugar
3 tsp.	salt
2 cups	water, cool but not cold
6 ¼ cups	all-purpose flour
1 tbsp.	cooking oil

Make it:

1. Put yeast, sugar, salt and water in a large bowl and mix for 5 minutes with a wooden spoon. Make sure the yeast is completely dissolved. Add flour using the “scoop and swish” method. Mix for 8-10 minutes, using your hands to knead it when it gets too hard to stir, and adding more flour, 1 Tbsp. at a time, if the dough feels too sticky.
2. Incorporate the flour and knead for about 2-5 minutes
3. Cover the bowl with a clean towel and let dough rest for 10 minutes.
4. While it rests, prepare a shallow plastic tub by rubbing or spraying it with a little oil on all sides (½ tbsp). This is also a good time to prep your decorating ingredients. (See Notes)
5. After 10 minutes, put the dough on a work surface knead until the dough is soft to the touch. (Roughly an additional 10 minutes).
6. Place the dough ball in the plastic tub or container and rub ½ tbsp on it so it doesn't dry out.
7. Then cover with a lid or plastic wrap and let rise for 24hrs-2 days.
8. After 2 days you will want to freeze any unused dough. (See Notes)

Stretch it, Top it:

1. Stretch and push the dough with your fingers, gently pulling it to fit the pan. The dough should be a little thicker than a conventional pizza.
2. Once stretched, rub a little oil on the top of the dough, and season with salt and other spices of your liking.
3. Decorate your flatbread with your toppings. Get creative! (See Notes)
4. When decorating make sure to press your toppings firmly into the dough so they don't fall off.
5. Cook right away in the oven for 10-20 minutes (depending on the pan you use and the thickness of your dough).
6. Turn the pan in the oven after the first 7 minutes, to make sure the pizza cooks evenly.
7. Slide the flatbread onto a cutting board, cut and enjoy!

Notes: To Freeze: the dough must first rest in the refrigerator for 24 hours.

- Rub dough ball with a little more oil.
- Gently put dough ball into a zip lock sandwich bag
- Put them in the freezer in a way that they will freeze without getting squashed

- When they are frozen (the next day), put them all together in a larger, 1 gallon, zip lock bag and mark the bag with the date

Toppings: Make sure you prep your toppings in advance of decorating your flatbread.

- If you are using vegetables, be sure to cut them thinly. (No more than 1inch thick)
- **Raw vegetables that work well for this recipe:** tomatoes, onions, spinach, kale, collard, chard, carrots (cut extra thin), fresh herbs, peas
- **Vegetables that work well for this recipe, but need to be light cooked in advance:** squash (summer or winter), eggplant, broccoli, asparagus, brussel sprout, peppers, mushrooms, potatoes (cut extra thin), beet, celery, garlic, leeks, turnips, fennel
- **Miscellaneous ingredients that work well for this recipe:** olives, seeds, nuts, capers, sun dried tomatoes, canned vegetables (rinsed), chickpeas, black beans, apples, pears, figs (dried or fresh) precooked meats, cheese.

We have a video to demonstrate how this recipe is cooked! Go to the website below or scan the QR code with your smartphone to view it.

<http://greenplatespecial.org/blog/fotcfallrecipes>

