CHEF'S CORNER

FLATBREAD CRUST

A Recipe by Executive Chef Damian Zedower

What You'll Need

3 1/2 cups flour, 1 cup warm water (between 95° and 115° F), 2 1/2 tablespoons yeast, 2 tablespoons honey, 1/4 cup olive oil, 1/2 tsp. salt

What To Do

Pour in warm water. The water should be about 95 to 115° F. Test it with your hand. It should feel very warm, but comfortable. Add the honey and salt. Mix on low for about 20 seconds. Add the yeast and mix on low for another 5 seconds. Add 1 cup of flour, mix on low for 10 seconds. Add the olive oil and mix until blended (about 15 or 20 seconds more). Add the rest of the flour (and any other additions) and mix on high for about a minute or two. The dough should turn into a ball and roll around the processor. If the dough does not ball up because it's too dry, add water one tablespoon at a time until it does. If your mixture is more like a batter, add flour one tablespoon at a time. Adding water or flour as needed to get the right consistency will assure you always get a perfect dough. Just remember to do it in small amounts.

Once the dough is balled up, place the ball on a floured board and knead for about a minute. This builds the gluten which helps the dough to rise and become fluffy when cooked. Place the dough in a plastic grocery bag or a covered bowl and store in a warm, dry area to rise.

After about 45 minutes the dough should have about doubled in size. Show it who's boss and punch it down. That's right, give it a good smack so it deflates. Let it rise for another hour to an hour and a half and the dough is now ready to be rolled out.

Email me if you need a hand!
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