



Flatbread Dough

1 cup (250 mL) warm water
1 teaspoon (5 mL) traditional yeast
1 teaspoon (5 mL) granulated sugar
1/3 cup (75 mL) olive oil
1 teaspoon (5 mL) salt
1 1/2 cups (375 mL) all purpose flour
1 cup (250 mL) all purpose flour

- In a table top mixer with a dough hook, combine the warm water, yeast, sugar and the olive oil. Stir in the salt and 1 1/2 cups flour. Mix until well combined.
- Add 1 more cup of flour.
- Beat with dough hook until it comes away from the edges of the bowl.
- Place in oiled bowl and cover with plastic wrap. Let rise for about half an hour in a warm room.
- Makes enough for 4 flatbreads.
- This is also good with fresh herbs, chopped garlic, or lemon zest added to the dough with the final addition of flour.
- Can also be refrigerated overnight, brought back to room temperature. punched down and formed into flatbreads just before using.