

Fluffy Skillet Flatbread (with yeast)

INGREDIENTS

- 1 1/4 cup warm water
- 1 packet active dry yeast or
2 1/4 teaspoons
- 1 tablespoon sugar
- 3/4 cup yogurt
- 2 tablespoons olive oil
- 1 tablespoon salt
- 3 3/4 cup all-purpose flour
- additional flour for rolling

DIRECTIONS

1. In a large bowl, dissolve the sugar in warm water and stir in the yeast. Let proof for 5 minutes, until mixture becomes foamy.
2. Stir yogurt and olive oil into the yeast mixture.
3. Add flour and salt, stirring in one cup of flour at a time. Stir until dough comes together.
4. Turn dough out onto a lightly-floured surface and knead for about 5 minutes until dough is no longer sticky. Add flour, as needed, to prevent sticking.
5. Divide the dough into 10 equal pieces. Cover pieces with a towel or plastic wrap. Let sit for 15 minutes.
6. Preheat a medium-sized skillet to medium heat.
7. While pan is heating, take one piece of dough and dust top and bottom with additional flour. Roll dough out to an even thickness, about 6-inches in diameter.
8. Brush the top surface of the dough with a light coating of olive oil and place oil side down into hot pan. Cook until the edges begin to brown and bubbles form, about 60-90 seconds.
9. Flip bread over and toast the other side for another 60-90 seconds, until a few toasted areas appear. Do not overcook.
10. Place flatbread on plate and cover with towel.
11. Continue rolling out and cooking dough until all ten pieces are cooked. Stack them on top of each other, under the towel, until ready to serve. They will keep warm and finish cooking while resting.



Roti

INGREDIENTS

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 cup of water
- Butter for serving

DIRECTIONS

1. In a large bowl, mix together flour and salt. This recipe can be made with all whole-wheat flour, if desired.
2. With your fingers, begin to mix in the water a little at a time - you may not need all the water or you may need more.
3. Mix until the dough starts to come together and begin kneading. It should not be sticky, add a very small amount of flour if needed.
4. Knead the dough until it becomes soft, about 5-6 minutes. If it is too hard, add a teaspoon of water to soften the dough.
5. Once kneaded, place the dough in the bowl and cover with a damp cloth. Let the dough rest for 30 minutes
6. After 30 minutes, knead the dough again for a minute or two. Divide the dough into 12 portions.
7. Begin heating a dry skillet or cast iron pan to medium-high heat while you form the dough. The pan must be hot enough to cook the roti quickly.
8. Work with one dough section at a time, leaving the remaining portions covered with the damp cloth. With your hands, form the dough into a round disc and flour both sides of the dough.
9. Begin rolling the dough into a 5-inch circle, turning often to ensure even thickness.
10. Cook in the hot skillet about 30 seconds on one side before flipping to the other side for another 30 seconds.
11. Flip back to the original side and press down with a spatula or towel until the bread puffs up.
12. Add a little butter (ghee would be traditional) and place on a towel covered plate. Keep wrapped while making remaining rotis and until served.

