



Geschmack & Technologie

Flatbread dough

Recipe number:

ER2500769

Raw material:

0.60 kg	Flour, type 450
0.40 kg	Water approx. 30°C
50 g	Extra virgin olive oil
80 g	Dry yeast

Spices & processing aids:

20 g	Meersalz VLOG 910236	068803
10 g	CUBANA VLOG halal	074200

Processing sequence:

Pour water into a bowl, dissolve sugar and yeast in it. Add oil. Sift in the flour, mix, add salt and knead into a dough. Stretch, fold, etc. until the dough is no longer sticky (add a little more flour if necessary).
Cover and leave to rise at room temperature for at least 1 hour. Then place in the fridge overnight or continue processing. Long, cold maturation improves the taste and digestibility. Cut into portions, shape into balls as you would for pizza dough, and leave to rise again for at least 1 hour at room temperature. Flour the balls well and then roll them out thinly on the work surface.
Shake the flour off the flatbread and then bake it in a hot Teflon pan without oil. Check and move it from time to time. Place the finished flatbread in a second, cold pan with a lid and spray with a little water from a spray bottle. Put the lid on (this keeps the flatbreads elastic).
Before baking the next flatbread, briefly wipe the browned flour from the pan.
Consume the flatbreads immediately, store them in the refrigerator or freeze them.

Ingredients:

Mehl (WHEAT), water, yeast, cooking oil, sea salt, raw cane sugar

Nutrition declaration:

energy value	1.014kJ
energy value	240kcal
fat	4,9g
saturates	0,7g
carbohydrate	39,3g
sugar	1,6g
polyols	0,0g
protein	8,2g
sodium	0,7g
salt	1,8g

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