

TAFTOON - PERSIAN WHOLEMEAL FLAT BREAD

Recipe by PalatablePastime

CHEF'S NOTE

"Also called Nane Lavash."

READY IN: 36mins

YIELD: 6 rounds

UNITS: US

INGREDIENTS

1	cup all-purpose flour
3	cups whole wheat flour
1	envelope active dry yeast
2 ½	cups water
1 ½	teaspoons salt
	oil (for handling dough)

DIRECTIONS

Sift the flours into a large mixing bowl.

Dissolve the yeast in 1/4 cup of the warm water; add 1 1/2 cups of the remaining water and the salt.

Pour the yeast mixture into the center of the flour and gradually work in.

Beat with your hands for 20-30 minutes, or use the dough hook on an electric mixer and beat for 20 minutes, gradually adding in as much of the remaining 3/4 cup water as the dough will take (as the dough is beaten it will be able to take a little more water).

Preheat oven to high (around 450 degrees F or more), and place a griddle on the center shelf to preheat for 10-15 minutes; when hot, lightly oil with a small cloth dipped in oil.

Turn the dough out onto an oiled board (no need to proof the dough); oil your hands and divide the dough into 6 parts, rolling each piece into a ball.

Roll out each ball as thinly as possible with an oiled rolling pin and prick all over with a fork or pinwheel, in 3-4 vertical lines across the surface.

Take the round of dough and stretch it a little across the backs of your hands, and place dough on the smooth side of a cushion or pad.

Pull the rack out where the heated griddle is on, and turn the cushion over and press down onto it.

Close the oven and cook 1 minute, then pat down dough to prevent bread from puffing up.

Bake until surface is bubbly (about 3 minutes), then turn bread over and cook 2 minutes more.

Remove bread from oven and wrap in a towel.

Allow oven temperature to reheat before starting another.

Do not allow rolled dough to rest before baking; prepare just before putting in oven.

NUTRITION INFO	
Serving Size: 1 (1093 g)	
Servings Per Recipe: 1	
AMT. PER SERVING	% DAILY VALUE
Calories 283.7	
Calories from Fat 16	6%
Total Fat 1.8 g	2%
Saturated Fat 0.3 g	1%
Cholesterol 0 mg	0%
Sodium 586.6 mg	24%
Total Carbohydrate 59.6 g	19%
Dietary Fiber 7.3 g	29%
Sugars 0.3 g	1%
Protein 10.6 g	21%