




WHOLE WHEAT SESAME CHAPATI FLATBREAD

Yeast-free soft whole wheat flatbread studded with sesame seeds.

 45 minutes
 1 hour
 8 portions

INGREDIENTS

- 1 cup whole-wheat flour [120 g]
- 1 cup all-purpose white flour [not self-rising] [125 g]
- 1 tsp Kosher salt [12 g]
- 4 oz whole milk, plain yogurt; or non-dairy equivalent [113 g]
- 3 tbsp olive oil [41 g]
- 4 fl oz water [may need more or less, depending on the humidity] [118 g]
- 2 tbsp sesame seeds [13 g]

COOKING METHOD

- 1° In a mixing bowl, mix the flours and salt together.
- 2° Add the yogurt and olive oil, and mix to combine; mixture will be dry and crumbly.
- 3° Add enough water to the dough so that it starts to come together in a ball [you might need more or less, depending on the humidity and temperature of the house].
- 4° When the dough is starting to come together, turn it out on to a lightly floured surface. Knead the dough by hand until it becomes smooth, usually about 5-7 minutes. Wrap with plastic wrap and let sit for about 30 minutes.
- 5° After 30 minutes, divide the dough in to eight equal portions. Roll each in to a small ball and cover with a dry, clean towel.
- 6° Preheat a nonstick griddle to 400 degrees F or a cast-iron skillet over medium heat [a nonstick griddle will not get as hot as a cast-iron].
- 7° Using a rolling pin, roll out the dough into thin rounds, which will be about 6 inches in diameter. Sprinkle each with sesame seeds, and lightly roll over the seeds so that they are pressed in to the surface of the flatbread.
- 8° When the griddle is heated or cast-iron skillet is warm, begin to cook the flatbreads. Place the flatbread, spiced side facing up, in to the dry skillet or on to the ungreased griddle, and cook for about 1-2 minutes before flipping. If the cast-iron is too hot, the flatbread will char too quickly, so watch closely.
- 9° When edges are starting to look dry and flatbread starts to bubble, flip and cook an additional 1-2 minutes.
- 10° Flip over once more, so the seeded side of the flatbread is facing up. This time, let the flatbread cook for 1-2 more minutes; it might expand and look like it's going to "pop"; that's OK!
- 11° Once the flatbreads are done, transfer with spatula to a plate and cover with a towel to keep warm. They may deflate. Serve immediately or at room temperature.
- 12° Flatbreads may be reheated in a toaster oven or over medium heat in a skillet.
- 13° Optional; use different seasonings to top the flatbreads; Za'atar, Kosher salt and freshly ground black pepper, or dried garlic and poppy seed.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (67 g)	% DRI
ENERGY	248 kcal	166 kcal	8 %
FAT	10 g	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	6 %
CHOLESTEROL	3 mg	2 mg	1 %
SODIUM	881 mg	589 mg	25 %
CARBOHYDRATE	35 g	24 g	8 %
SUGARS	1 g	1 g	—
FIBER	3 g	2 g	8 %
PROTEIN	6 g	4 g	—