



Speltz Flat Bread

By Eating Well

Makes: 8 breads

Serving Size: 1 bread

Active Time: 30 minutes

Total Time: 55 minutes

Ingredients

- 1 1/2 cups speltz flour, plus more for rolling
- 1/2 teaspoon salt
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 cup plus 1 tablespoon water, plus more as needed

Preparation

1. Combine flour and salt in a large bowl. Add 1 tablespoon oil and mix with your fingers until crumbly. Slowly add water and mix until the dough just comes together. If the dough doesn't come together easily, mix in up to 2 tablespoons more water. Knead on a lightly floured surface until the dough is smooth and no longer sticks to your fingers, about 2 minutes. Cover with a damp cloth; let rest for at least 15 and up to 30 minutes.
2. Divide the dough into 8 balls and cover with a damp cloth. Lightly flour a rolling pin and a clean work surface. Flatten 1 dough ball and roll it out, picking it up and rotating it to make sure it isn't sticking, until very thin and about 5 inches in diameter. Transfer to a lightly floured baking sheet and loosely cover with plastic wrap or a towel. Repeat with the remaining dough, spacing the breads on baking sheets so they don't touch.
3. Heat a large cast-iron skillet, heavy skillet or griddle over medium-high heat. Add one bread ball and cook until small bubbles appear, 30 seconds to 1 minute. Flip, then brush the top side with a little of the remaining oil and cook until lightly puffed, 30 seconds to 1 minute more. Transfer to a plate and cover with foil to keep warm. Repeat with the remaining breads, stacking and covering them as you go to keep them warm and pliable.