



Umbrian Flatbread



Ingredients:

- 3 cups flour
- 1 teaspoon active dry yeast
- 1 ¼ teaspoons salt
- 1 ¼ cups lukewarm water
- 2 tablespoons extra virgin olive oil

Method:

1. In a stand mixer (using the dough hook), combine the flour, yeast, salt, water and oil.
2. Knead on a lower speed for about 5 minutes, or until smooth and elastic.
3. Remove dough and shape into a ball. Place in a metal bowl, then cover with a warm, damp cloth. Let it sit in a warm, draft-free area for about 90 minutes or until doubled in size.
4. Prepare a gas or charcoal grill, and preheat a large cast-iron skillet (about 10-12 minutes).
5. Punch down the dough, and then divide into 2 pieces.
6. Using a rolling pin, flatten each piece of dough into ½-inch thick circles (about 12" wide).
7. Lightly prick one side all over with a fork.
8. Grill one flattened disk at a time, placing the hole side down, and cook for 3-5 minutes until dough starts to bubble or bottom is light golden brown (check with spatula).
9. Flip and gently poke more holes (on other side) and continue grilling until golden brown (about 5-7 minutes).
10. Fill with your choice of meats, cheeses and vegetables, or cut into wedges and serve with a favorite dip.

NOTE: We enjoy ours with prosciutto, sliced tomatoes, mozzarella cheese, and basil.

NOTE: A nonstick pan on a stovetop with medium-high heat can also be used.