

## Spelt Flat Bread

### Ingredients

- 1 tsp yeast
- 1 ¼ C warm water
- 1 C spelt flour
- 2 C bread flour
- 1 ½ tsp salt
- 1 ½ tbs olive oil



### Instructions

1. Preheat a pizza stone in the oven at 450F for at least 1 hour.
2. Dissolve the yeast in warm water in a large bowl.
3. Stir the sponge 100 times – in one direction – to begin the gluten development.
4. Let the sponge rest for a minimum of 10 minutes, up to 2 hours.
5. Mix salt and olive oil completely into the sponge.
6. Add the remaining flour ½ cup at a time until the dough is too stiff to stir. (You may not use it all.)
7. Turn out onto a floured surface and knead for 8 to 10 minutes, until smooth and elastic. Put the dough into a lightly oiled bowl, cover, and let rise until doubled in size. Approximately 1 ½ hours, depending on room temperature.
8. Gently deflate dough. Divide the dough into 8 small balls. Flatten each piece with floured hands.
9. Roll each piece into a 6 to 8-inch diameter circle less than ¼ inch thick. Cover the flattened pieces with a towel to keep them from drying out.
10. Using a cookie sheet or pizza peel, slide 1 to 2 breads onto the pizza stone. Bake for approximately 5 minutes, until each bread balloons. If the pizza stone is not hot enough, the breads may not “bloom” completely.
11. If they bloom you have pita breads to stuff. If they don’t, you’ll have a flat bread to fold around a filling. Either way it tastes great!
12. Wrap the baked breads in a large towel to keep them warm and soft while baking the remaining breads.
13. Fill/wrap using an assortment of meat, cheese, chopped greens, veggies, fresh and dried fruits, and nuts. Top with your dressing/spread of choice.

Recipe modified from [Flatbreads and Flavors](#), Jeffrey Alford and Naomi Duguid.