



Full Pantries

Turkish flatbread

For one flatbread with approx. 30cm Ø

Ingredients:

- 360g bread flour T550 with at least 11.5% protein
- 65g sourdough starter, refreshed in ratio 1:2:2
- 9g salt
- 10g honey
- 3g fresh yeast or 1g dry yeast

Also:

- 1 egg, beaten
- Black sesame seeds

Instructions:

Prepare sourdough starter in a ratio of 1:2:2, in this case 30g flour + 30g water + 15g sourdough starter, and let it mature for about 4-5h at about 24° C until it has almost tripled in size. If you do not have sourdough, simply omit it and instead use 30g of flour + 30g of water in addition to the specified amount of flour and triple the amount of yeast.

Put the flour, water, salt, honey, yeast (if you use fresh yeast, dissolve it in about 10g of the water first) and the ripe sourdough starter in a bowl and knead until everything is well combined. Cover the bowl and let rest for 20 minutes, then stretch and fold the dough heavily on all sides. Gently stretch and fold three more times after each 30 minutes of rest, preferably using coil folds. Let rest for another 30 minutes, then transfer the dough to the unfloured(!) work surface and, using the dough scraper or damp hands, pull the dough toward you from all sides with tension across the work surface to form a ball. Carefully place the dough ball on a baking sheet lined with baking paper and let it rise, covered, for about 2-3h.

When the dough ball has risen considerably and is puffy, preheat the oven to 230°C/450 F top/bottom heat. Brush the surface of the dough ball gently with a beaten egg and press a diamond pattern into the dough with your fingertips. Sprinkle with sesame seeds and bake for about 25-30 minutes until golden brown.