

Lavash Flat Bread

Serves 3-4

Ingredients

- 2 1/4 teaspoon yeast
- 3/4 cup warm water
- 1 teaspoons sugar
- 2 1/4 cup all purpose flour
- 1 tablespoon toasted sesame seeds (optional)
- 1 teaspoon salt

Tools Needed

Rolling pin
Bowl
Measuring cup
Fork
Sheet tray

Method

1. Preheat Oven to 400.
2. In a measuring cup, combine yeast, water and sugar. Mix and let sit until mixture is bubbly.
3. In a large mixing bowl, combine flour and salt. Add yeast water mixture and form a dough.
4. Knead dough by hand for 10 -15 minutes. Once dough is kneaded, place ball of dough in oiled bowl. Cover and let rise for 1 -1 1/2 hours, or until dough doubles in size.
5. Once dough has doubled, punch down to release air. Continue to knead for about 5 minutes. Cover and allow to rest for 15 minutes before rolling out.
6. Roll dough out to thin rectangles. Puncture rectangles with a fork. Brush dough with water and sprinkle sesame seeds. Bake on parchment lined baking sheet for 20 to 25 minutes until golden brown.