

Beat: Lifestyle

How To Make Your Own Flatbread

It Is Quite Simple

Hungary, 04.04.2022, 15:42 Time

USPA NEWS - Since moving to Hungary, I have been disappointed in the selection of pita and flatbreads I can get from the stores. I like flour tortillas for tacos and those are widely available, but I prefer flatbread when I am in the mood for gyros and pizzas. I therefore went looking for a recipe and found one that only takes a few ingredients and are very simple to make.

Homemade Flatbread Recipe -

250 g of all purpose flour (2 cups),

0.5 tablespoon of baking powder,

250 g of natural unflavored yogurt (1 cup).

Put the dry ingredients in a large bowl and then stir in the yogurt.

Mix with a spoon until it forms a dough. If it is still really wet, add some more flour. (Mine was a little crumbly, so I added a few more spoonfuls of yogurt).

Put onto a floured surface and knead for a few minutes.

Separate into 6 pieces and then roll them out into 8 inch circles.

Heat a large pan (no oil) and add 1 flatbread at a time and cook for 2 minutes on each side, until they are slightly browned.

The more I make, the better I will get at getting them a uniform size. You can press them into a circle or square, whichever you prefer.

To me, they taste like a fresher and less dry pita bread. They worked perfectly for the chicken gyros I made. I hope you enjoy the recipe as much as I do.

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Wendy writes for the United States Press Agency and is a former columnist with the Fulton County Expositor, Wauseon, Ohio.

Article online:

<https://www.uspa24.com/bericht-20363/how-to-make-your-own-flatbread.html>

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V.i.S.d.P. & Sect. 6 MDSStV (German Interstate Media Services Agreement): Wendy Westhoven

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Editorial program service of General News Agency:

United Press Association, Inc.

3651 Lindell Road, Suite D168

Las Vegas, NV 89103, USA
(702) 943.0321 Local
(702) 943.0233 Facsimile
info@unitedpressassociation.org
info@gna24.com
www.gna24.com