

Lavash Cracker Bread

Makes 10-12 crackers

On par with other flatbread staples baked throughout the Middle East and Indian subcontinent, lavash is a versatile flatbread of Armenian origin. Sometimes crisp, or puffed, or soft, lavash sheets may be oblong or square, served whole, or cut into individual strips. This recipe produces softer cracker bread than other recipes we've seen. It's a marvelous accompaniment to curry dishes, or can be used to wrap around meats and cheeses to form a pinwheel sandwich.

Ingredients

3 cups	lukewarm water (about 80 degrees)
1 tsp.	instant yeast
1 Tbsp.	honey
3 cups	General Mills All-Trumps flour
2 tsp.	salt

Method

Oven Temperature: 570-600 degrees

- Combine the water, yeast, and honey in the bowl of an electric mixer, and mix until yeast dissolves completely.
- Add the flour and salt and mix on low speed with a dough hook attachment to incorporate. Increase speed to medium and mix for another 6-7 minutes. The finished dough should be fairly wet.
- Place the dough in a lightly oiled container, cover, and let rise until doubled in volume, about 2-3 hours.
- Punch the dough down by pressing your fist into the center of the proofed dough in order to expel the carbon dioxide. Cover the dough again and let it rest for 15 minutes.
- Turn dough out on a lightly floured surface and scale it into 6-oz. pieces. Round off the dough by pulling at the outer edges of each dough ball and folding the edges into each other. Turn the dough ball 90 degrees repeat the process with the opposite edges. Roll the dough in a circular motion with your hands, forming a smooth ball and place the dough balls in a lightly oiled dough box. Cover the dough box and refrigerate for 24 hours.
- Remove the dough from the fridge 2-3 hours before baking to temper it.
- On a lightly floured surface, roll the dough as thin as possible with a rolling pin (to a rectangle that is about 10 X 6-in.), taking care to always roll away from the center of the dough.
- Using a large, lightly floured pizza peel, transfer the dough from your work surface to the finishing zone of the oven. The dough is thin and will bake quickly, so be attentive.
- Bake until the dough begins to brown on both the top and bottom (a slight char is desirable), about 3-5 minutes. Turn as necessary to balance color.
- Remove the baked lavash from the oven and immediately transfer to a wire cooling rack.



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