Prep Time: 15 minutes | Rest Time: 30 minutes | Cook Time: 12–15 minutes | Total Time: 60 minutes
Yield: 8 flatbreads (4 servings) | Intensity Level: Easy–Moderate

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Introduction

Garlic and Butter Flatbread is the kind of recipe that earns a permanent spot in your rotation — soft, pillowy rounds brushed with melted garlic butter and flecked with fresh herbs, ready in about an hour with pantry basics. Unlike yeast breads that demand hours of rising and careful proofing, this flatbread uses a simple dough that rests for just 30 minutes, then cooks in a screaming-hot skillet in under two minutes per side. The result is a bread with a tender, chewy interior and beautifully blistered, golden-brown spots, saturated with garlicky butter and finished with flaky salt. It’s the perfect partner for soups, stews, and curries; a brilliant base for personal pizzas; or simply torn and dipped into olive oil. This recipe is endlessly flexible too — shape it into rounds, roll it thin for crispy edges, or cook it on a grill pan for smoky char. Once you’ve made it, you’ll wonder why you ever bought flatbread at the store.

Ingredients

For the Dough

- 3 cups (360 g) all-purpose flour (plus extra for dusting)
- 2 tsp (7 g) instant yeast (or active dry yeast)
- 1 tsp (6 g) fine sea salt
- 1 tsp granulated sugar (feeds the yeast)
- 2 tbsp (28 g) unsalted butter, melted and slightly cooled

- 1 cup (240 ml) warm water (about 105°F / 40°C)

For the Garlic Butter

- 6 tbsp (85 g) unsalted butter
- 5 cloves garlic, finely minced or grated
- 2 tbsp fresh parsley, finely chopped (or 1 tbsp dried parsley)
- 1 tsp fresh chives or dill, chopped (optional)
- ½ tsp flaky sea salt, for finishing
- Pinch of red pepper flakes (optional)

For Cooking

- 1 tbsp neutral oil (vegetable or canola), for the skillet
- Extra flour, for rolling

Optional Toppings

- Grated Parmesan
- Everything bagel seasoning
- Crushed red pepper
- Za’atar

Equipment

- Large mixing bowl
- Wooden spoon
- Clean kitchen towel or plastic wrap
- Rolling pin
- Large skillet or cast-iron pan
- Small saucepan (for the garlic butter)

- Pastry brush

Time & Intensity Breakdown

Stage	Time	Intensity	What's Happening
Mix the dough	5 min	Low	Stir until a shaggy dough forms
Knead briefly	3–4 min	Moderate	Smooth the dough by hand
First rest	30 min	Low (passive)	Yeast activates; gluten relaxes
Make garlic butter	4 min	Low	Gently infuse butter with garlic
Divide & shape	5 min	Low	Portion into 8 balls; rest briefly
Roll out	5 min	Moderate	Roll each ball to ⅛-inch thickness
Cook flatbreads	12–15 min	Moderate–High	Blister each side in a hot skillet
Brush & serve	2 min	Low	Slather with garlic butter

Total active time: ~20 minutes | Total passive time: ~35–40 minutes

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Instructions

Step 1: Mix the Dough (5 minutes | Low Intensity)

In a large mixing bowl, whisk together the flour, instant yeast, salt, and sugar until evenly combined. Make a well in the center and pour in the melted butter and warm water. Stir with a wooden spoon until a shaggy, slightly sticky dough forms — about 1 minute. The dough should pull away from the sides of the bowl but still feel tacky to the touch. If it's too dry, add water 1 tablespoon at a time; too wet, add flour 1 tablespoon at a time.

Step 2: Knead Briefly (3–4 minutes | Moderate Intensity)

Turn the dough out onto a lightly floured surface and knead for 3–4 minutes, until it becomes smooth and elastic. The dough should spring back slightly when poked. Don’t over-knead — flatbread benefits from a relatively relaxed gluten structure, and a long knead makes the final bread tough. Shape into a ball.

Step 3: First Rest (30 minutes | Low Intensity, Passive)

Lightly oil the mixing bowl, place the dough back inside, and cover with a clean kitchen towel or plastic wrap. Let it rest at room temperature for 30 minutes, until it has puffed noticeably and roughly doubled in size. A warm kitchen speeds this up; a cool one may need 10 extra minutes.

Step 4: Make the Garlic Butter (4 minutes | Low Intensity)

While the dough rests, melt the butter in a small saucepan over low heat. Add the minced garlic and cook gently for 2–3 minutes, until fragrant and just beginning to turn golden — do not let it brown or burn, or it will turn bitter. Remove from heat and stir in the parsley, chives (if using), and a pinch of red pepper flakes. Set aside, keeping it warm.

Step 5: Divide and Shape (5 minutes | Low Intensity)

Punch down the rested dough gently. Turn it out onto a lightly floured surface and divide it into 8 equal portions (about 70 g each). Roll each portion into a tight ball, then cover with a towel and let rest for 5 minutes — this brief rest makes the dough easier to roll without springing back.

Step 6: Roll Out (5 minutes | Moderate Intensity)

Working with one ball at a time (keep the rest covered), flatten it with your palm, then roll it into a round about ⅛ inch thick and 7–8 inches across. For a more rustic look, stretch it by hand. Dust with flour as needed to prevent sticking. Roll out all the flatbreads, stacking them

between sheets of parchment or a lightly floured towel.

Step 7: Cook the Flatbreads (12–15 minutes | Moderate–High Intensity)

Heat a large skillet or cast-iron pan over medium-high heat for 2 minutes, then brush lightly with oil. Cook one flatbread at a time for 1½–2 minutes per side, until it puffs slightly and develops deep golden-brown blisters. Press down gently with a spatula if large bubbles form. Adjust the heat as you go — too hot burns the outside before the inside cooks; too cool leaves pale, dry bread. Transfer cooked flatbreads to a plate and cover with a towel to keep them soft and warm.

Step 8: Brush and Serve (2 minutes | Low Intensity)

While the flatbreads are still warm, brush each generously with the garlic butter and sprinkle with flaky sea salt. Stack them on a platter, scatter with extra parsley and Parmesan if desired, and serve immediately.

Serving Suggestions

Serve alongside soups, stews, curries, and salads, or use as a base for personal pizzas, wraps, or dips like hummus and baba ganoush. They’re also excellent torn into a basket for a dinner party bread service. Leftovers make fantastic panini presses or croutons.

Storage & Reheating

- Room temperature: Store cooled flatbreads in an airtight container or zip-top bag for up

to 2 days.

- Refrigerator: Up to 5 days; warm before serving.
- Freezer: Freeze between sheets of parchment for up to 2 months. Reheat directly from frozen in a dry skillet.
- Reheating: Warm in a dry skillet over medium heat for 30–45 seconds per side, or wrap in foil and heat in a 350°F oven for 5 minutes. The microwave works but softens the texture.

Nutrition Information (Per Serving, 2 Flatbreads, Based on 4 Servings)

Values are estimates and will vary by flour brand, butter amount, and exact portion size.

Nutrient	Amount per Serving
Calories	~490 kcal
Total Fat	~22 g
— Saturated Fat	~13 g
Cholesterol	~55 mg
Sodium	~600 mg
Total Carbohydrates	~62 g
— Fiber	~2.5 g
— Sugars	~1.5 g
Protein	~9 g