- Preparation Time: 15 minutes
- Resting/Fermentation Time: 1 hour 15 minutes
- Cooking Time: 20 minutes (total for all breads)
- Total Time: ~1 hour 50 minutes
- Yield: 6 flatbreads
- Difficulty: Beginner
- Cuisine: Turkish

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Ingredients

For the Dough:

- 500g (4 cups) all-purpose flour (plus extra for dusting)
- 300ml (1 ¼ cups) warm water (approx. 110°F/45°C)
- 7g (2 ¼ tsp) active dry yeast (or instant yeast)
- 1 tsp granulated sugar
- 1 ½ tsp salt
- 2 tbsp plain yogurt (optional, for extra softness)
- 1 tbsp olive oil

For Cooking & Finishing:

- 2 tbsp butter or olive oil (for brushing)
- Extra flour for rolling

Instructions

Phase 1: Activation (Time: 10 mins | Intensity: Low)

1. In a small bowl, combine the warm water, sugar, and yeast. Stir gently and let it sit for 5–10 minutes until the mixture becomes frothy and bubbly. This confirms the yeast is active.

Phase 2: Kneading (Time: 10 mins | Intensity: High)

1. In a large mixing bowl, combine the flour and salt.

2. Make a well in the center and pour in the yeast mixture, yogurt (if using), and olive oil.

3. Mix with a wooden spoon until a shaggy dough forms.

4. Transfer the dough to a floured surface and knead vigorously for 8–10 minutes. The dough should become smooth, elastic, and slightly tacky but not sticky.

5. *Tip:* If the dough is too sticky, add flour 1 tablespoon at a time. If too dry, add water 1 teaspoon at a time.

Phase 3: Fermentation (Time: 60 mins | Intensity: Low)

1. Lightly oil a large bowl. Place the dough inside, turning once to coat.

2. Cover with a damp kitchen towel or plastic wrap.

3. Place in a warm, draft-free area. Let it rise for 1 hour, or until it has doubled in volume.

Phase 4: Shaping (Time: 10 mins | Intensity: Medium)

1. Punch down the dough to release the air.

2. Transfer to a lightly floured surface and divide into 6 equal pieces (approx. 130g each).

3. Roll each piece into a smooth ball. Cover the balls with a towel and let them rest for 5 minutes.

4. Using a rolling pin, roll each ball into a circle about 20cm (8 inches) in diameter and 0.5cm (¼ inch) thick. Do not roll them too thin; they should have some thickness to puff up.

Phase 5: Cooking (Time: 20 mins | Intensity: High)

1. Heat a heavy-bottomed skillet or cast-iron pan over medium-high heat. Do not add oil to the pan.

2. Once the pan is hot, place one dough round into the dry pan.

3. Cook for 2–3 minutes. You should see bubbles forming on the surface and the bottom turning golden brown with dark spots.

4. Flip the bread using tongs. Cook the other side for another 2–3 minutes.

5. Remove from heat and immediately brush with butter or olive oil.

6. Wrap the cooked bread in a clean kitchen towel to keep it soft and warm while you cook the remaining batches.

Serving Suggestions

- Mezze: Serve alongside Hummus, Baba Ganoush, or Tzatziki.

- Breakfast: Top with crumbled feta cheese, olives, and a drizzle of honey.

- Main: Use as a wrap for Shawarma, Kofta, or grilled vegetables.

- Storage: Store in an airtight container for up to 2 days. Reheat in a dry pan or microwave for 20 seconds to restore softness.

Nutritional Information (Per Serving)

Note: Nutritional values are estimates based on 1 flatbread (without the butter/oil brushing) and will vary depending on exact ingredients used.

Nutrient	Amount per Serving
Calories	310 kcal
Total Fat	3.5 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Sodium	420 mg
Total Carbohydrates	60 g
Dietary Fiber	2.5 g
Total Sugars	1 g
Protein	8 g
Calcium	15 mg
Iron	2.5 mg