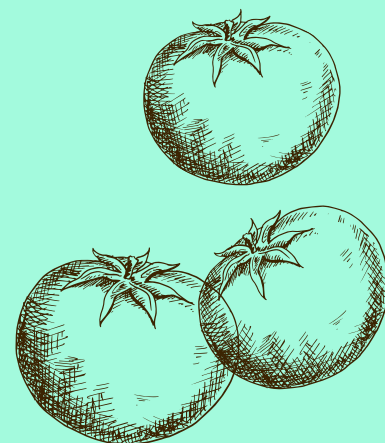


FLATBREAD MINI PIZZAS

~BY GROWING UPTOWN



SERVINGS

8 servings

TOTAL TIME

1 hour

INGREDIENTS



For the Dough

- 4 ½ cups whole wheat flour
- ¾ teaspoon salt
- ½ teaspoon sugar
- ¼ cup vegetable oil, plus a little more for oiling
- 1 tablespoon active dry yeast
- 1 ½ cups warm water

For the Tomato Sauce

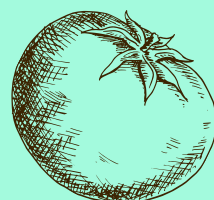
- 2 onions, finely chopped
- 3 to 4 garlic cloves, sliced
- ¼ cup olive oil
- 2 large beefsteak tomatoes, chopped
- ½ cup fresh thyme leaves, finely chopped
- ¼ to ½ cup fresh oregano leaves, finely chopped
- 1 ¼ tablespoon cumin seeds

For the Cheese Topping

- 1 cup grated feta cheese

DIRECTIONS

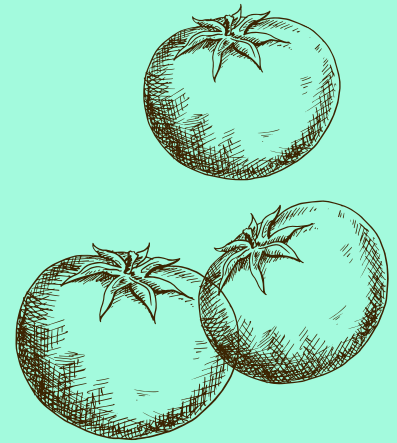
- Put the flour, salt, and sugar into a large bowl and mix together.
- Make a well in the middle, and add the oil, yeast, and half the water (¾ cup). Mix through with your fingers, adding more water and kneading until the dough comes together. If the mixture feels sticky, leave for five minutes then continue kneading. Repeat until you have a soft, but robust dough.
- Rub the dough with a bit of oil, and cover with a damp kitchen towel or plastic wrap. Set aside until doubled in size, about 1 hour.
- While the dough is rising, prepare the sauce by toasting the cumin seeds in a dry pan until fragrant. Remove from the pan. Set aside.
- Heat olive oil in the same pan over medium heat. Add onions and garlic. Mix to coat in oil, add salt, and saute until fragrant. Add tomatoes to the pan, season with a pinch more salt, and stir. Add the herbs and cumin seeds, stir, cover and let simmer for about 10-15 minutes.





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DIRECTIONS

- Once the dough has risen, gently punch down to release the air bubbles. Divide into eight portions, and place on a lightly floured surface. Cover with a dish towel to keep the dough moist as you roll.
- These flatbreads can either be baked or pan fried. If you're baking, preheat your oven to 475 degrees. If you're frying, begin heating a few tablespoons of vegetable oil in a pan over medium- high heat once you've finished rolling out your dough. To begin, take a piece of dough and roll it into a ball between your palms, then flatten and coat it in flour. Roll the dough out with a rolling pin to about ½ inch in thickness. Sprinkle with some flour, flip over, and continue rolling until it is about ¼ inch in thickness. Return the dough to your work surface to rest, and cover with a kitchen towel until you have finished rolling out the remaining dough.
- Make some gentle indentations in the dough so that it does not puff up when cooked. For baking, take the first pieces of dough you rolled, and place either on a baking sheet or preheated pizza stone. If you're frying, add the dough directly to your preheated pan.
- Cook for about 5 minutes, then either remove from the oven, or flip the dough over in the pan and add your toppings. Then return to the oven and bake until the edges are golden brown, or leave the dough in the pan to finish cooking for about five more minutes.
- Remove the flatbreads from the oven or pan, allow to cool slightly, and serve. Any leftovers can be stored in the freezer for a month.

