

## Scallion Flatbread



### Makes:

6 flatbread servings, 1 each serving

### Utensil:

Flatbread Pan  
large mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

Fried and baked flatbreads are very popular in many regions of China. Scallion flatbreads, a popular street food snack, can be eaten as-is or served in place of rice to accompany savory dishes with a meal.

3 cups  
all purpose, unbleached flour, unsifted  
(476  
g)  
1 teaspoon  
salt  
(6  
g)  
2 teaspoons  
sesame oil, toasted  
(10  
mL)  
 $\frac{3}{4}$  cup  
water, boiling  
(10  
mL)  
2 - 4 tablespoons  
cold water  
(30 - 60  
ML)  
flour to sprinkle on work surface  
1 bunch  
scallions, sliced thinly, green and white parts, approximately  $\frac{3}{4}$  cup  
(119  
g)

### Directions:

1. Place flour, salt and toasted sesame oil in large mixing bowl

- or mixer (attach dough paddle and mix) and combine ingredients.
2. Slowly pour boiling water into dry ingredients, continuing to blend. Slowly add 2 - 4 tablespoons cold water to dough and mix to combine.
  3. Place dough on cutting board and knead dough (or knead with dough hook attachment on mixer) until soft and supple, about 5 minutes.
  4. Place dough in bowl and cover with dish towel; let rest for 30 minutes.
  5. Divide dough in to 6 pieces and roll each piece into a ball. Sprinkle a small amount of flour onto work surface and flatten ball of dough with hand, or rolling pin, into a pancake.
  6. Sprinkle each pancake with scallions and press them gently into the dough, or use rolling pin, and gently roll over scallions to press them into dough to produce a 9-inch (22.9 cm) round circle of dough.
  7. Repeat for each ball of dough.
  8. Preheat pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 5 minutes, add dough to pan and cook each flatbread for 3 - 5 minutes on each side, shaking pan occasionally during cooking.
  9. Keep scallion flatbread warm until ready to serve.

#### Tips:

- To vary scallion flatbread, sprinkle toasted sesame seeds on dough before cooking or substitute chives for scallions.
- Serve soy sauce, hot chili sauce or simple dipping sauce with warm scallion flatbread made with rice wine vinegar, soy sauce and toasted sesame oil.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 245  
**Total Fat:** 2g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 392mg  
**Total** 49g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 0g  
**Protein:** 7g