

## Lavash



### Makes:

16 flatbreads, 1 per serving

### Utensil:

Flatbread Pan

medium mixing bowl

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### Recipe:

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### Recipe Description:

Lavash is a traditional unleavened Armenian cracker bread that is also very popular in many areas of the Middle East. This bread ranges from soft and pliable when freshly cooked to a crispy cracker like bread when cooled. Lavash was traditionally baked in the autumn months, stacked, cooled and stored in a dry place to eat throughout the winter. Lavash has been cooked for centuries in underground clay ovens called tonir. It is easy to make delicious and fresh lavash in minutes of the Saladmaster 316Ti Flatbread Pan to be enjoyed with your favorite meals.

4 cups  
all-purpose flour or unbleached bread flour  
(500  
g)  
1 teaspoon  
natural salt  
(6  
g)  
1 ½ teaspoons  
baking powder  
(7  
g)  
1 teaspoon  
natural sugar, or honey  
(4  
g)  
¼ cup  
olive oil  
(60  
mL)  
1 ¼ - 1 cups  
½ water, warm  
(300 - 360  
mL)

sesame seeds, poppy seeds to sprinkle on top of lavash (optional)

**Directions:**

1. Place flour, salt, baking powder and sugar in a bowl and mix to combine.
2. Add olive oil to flour mixture and slowly pour in warm water while mixing to form dough.
3. Remove dough from bowl and place onto a lightly floured surface. Knead dough for about 10 minutes or until it is smooth and elastic.
4. Cover dough with a clean dish cloth and let rest for approximately 20 minutes.
5. Divide dough in half and divide each in half again to make 4 balls of dough. Divide each ball in 4 pieces for a total of 16 dough pieces. Place dough pieces under kitchen towel to prevent drying out.
6. Pat dough piece with palm of your hand in to a rectangular shape. Roll in to a 5" x 9 ½" rectangle.
7. Fold rectangle in thirds and then in thirds again to make a small bundle of dough.
8. Repeat with each ball of dough in the same manner, placing on a pan under a clean dish towel to prevent drying out.
9. Heat pan over medium heat until several drops of water sprinkled on pan skitter and dissipate, approximately 8 minutes.
10. On a lightly floured surface roll each dough bundle in to an approximate 5" x 9 ½" rectangular shape. Sprinkle one side with poppy seeds or sesame seeds, if desired, and gently press into dough with rolling pin.
11. Carefully transfer lavash to pan and cook unseeded side down for approximately 1 - 2 minutes, shaking occasionally during cooking for even browning. Carefully turn lavash over with a metal spatula and cook for an additional 1 - 2 minutes on the other side. The lavash will get speckled with golden brown dots. Discard any loose seeds from pan.
12. Serve lavash warm or cooled. Lavash will get crispy when it cools off.

**Tips:**

- Refresh crispy lavash by sprinkling with a little water and wrapping in a kitchen towel. Let lavash rest about 20 - 30 minutes to soften before serving.
- Serve lavash with cheese, olive and fruit for a light meal or snack.
- Lavash is a perfect accompaniment to soups, braised meats or vegetable stews.

Nutritional Information per

▼ Serving

**Calories:** 145  
**Total Fat:** 4g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 192mg  
**Total** 24g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 1g  
**Protein:** 3g