

## Piadina



### Makes:

12 flatbreads, 1 per serving

### Utensil:

Flatbread Pan

medium mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

Piadina is a thin flatbread cooked throughout the towns of Emilia-Romagna. This traditional flatbread is popular at food stands; they are made to order and stuffed with a variety of fillings.

3 ½ cups  
all-purpose unbleached flour  
(438 g)  
½ teaspoon  
baking soda  
(2 g)  
½ teaspoon  
natural salt  
(3 g)  
½ cup  
non-hydrogenated vegetable shortening, room temperature  
(103 g)  
¾ cup  
water, room temperature  
(180 mL)

### Directions:

1. Place flour, baking soda and salt in mixing bowl and stir to combine.
2. Cut vegetable shortening into flour mixture with a fork or a pastry blender.
3. Slowly drizzle water into flour mixture while mixing together until dough clumps together.
4. Turn dough mixture onto a clean work surface and knead for

a few minutes until smooth.

5. Divide dough into 12 equal pieces and roll each piece into a ball.
6. Cover dough with a damp clean dish towel or plastic wrap and let rest for 30 minutes.
7. Roll each ball of dough into an 8-inch round, about  $\frac{1}{8}$ -inch thick with a rolling pin.
8. Preheat pan over medium heat until several drops of water sprinkled on pan skitter and dissipate.
9. Carefully transfer dough, one at a time to pan and cook for 1 - 2 minutes on each side until lightly flecked with golden brown spots. Do not overcook Piadina; it should still be soft and easy to fold in half.
10. Keep Piadina warm while cooking remaining dough, stacking one on top of another after they are cooked.
11. To serve, stuff Piadina with your choice of fillings and fold in half or top with your favorite pizza toppings.

#### Tips:

- For a lighter and crispier Piadina, substitute vegetable shortening for olive oil.
- Stuff Piadina with sweet, salty or savory fillings: nutella, chocolate, cured meats such as Parma Ham or Prosciutto, soft and hard cheeses, and cooked or raw greens.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 206  
**Total Fat:** 8g  
**Saturated Fat:** 2g  
**Cholesterol:** 0mg  
**Sodium:** 151mg  
**Total** 28g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 0g  
**Protein:** 4g