



Fast Sourdough Flatbreads

Flatbreads are a great way to use starter in any form, and these flatbreads can be used as naan breads, pizza bases or in any way you fancy. They are fast and simple to make and can be added to in many ways. They can also be frozen, once cooled, to provide a stock of handy flatbreads. They can also be easily refreshed or heated in a toaster for great fast food!

75 g (scant ½ cup) starter

150 g (¾ cup) natural plain yogurt or lactose-free yogurt

225 g (1¾ cups) all-purpose flour, plus more for dusting

45 g (3 tbsp) olive oil, plus more for drizzling

7 g (1 tsp) salt, or to taste

PREP: Your starter does not add rise in this recipe; instead, it adds flavor to the finished creation. You can use any starter made with any flour, including discard starter.

Makes 4 medium-sized flatbreads

Step 1: In a medium-sized mixing bowl, mix everything together well. Knead the dough briefly in the bowl, then cover the bowl and set it aside on your counter to proof for an hour. It does not need to grow, just to allow the dough to settle.

Note:

This dough can be mixed, covered and used immediately, after an hour, or after several hours, as needed.

Step 2: After an hour, turn the dough out onto a floured counter and split it into four equal pieces. Use your hands to shape the portions into balls, flatten them, then roll them out into rounds about 6¼ inches (16 cm) in diameter.

Step 3: Heat a large, wide skillet over medium heat. Place a round in the dry pan and cook until the surface starts to brown in spots underneath. Turn the bread over, sprinkle the surface with olive oil to keep it moist and cook until the underside is cooked through.

Step 4: Once cooked, serve immediately, or stack the breads on a plate lined with a clean tea towel and use it to wrap them up and keep them warm.

Top Tip:

Store leftovers in a sealed container and warm then in a toaster or under a grill to enjoy them later.