

Quick Yogurt Flatbreads (No Yeast)

200 grams (1 2/3 cups) flour and a bit extra for sprinkling

3 teaspoon baking powder

1/4-1/2 teaspoon black pepper

1 1/4 teaspoon salt

200 grams (3/4 cup + 1 tablespoon) plain yogurt or soy yogurt

1-2 teaspoons olive oil

Directions:

Place flour, baking powder, black pepper and salt into a bowl and stir till combined. Add yogurt and oil and stir together with flour mixture until a rough ball forms. With your hands, gently fold and press the dough a few times till it feels smoother. It's not a perfect smooth dough, that's fine. If it feels a bit dry, drizzle a bit more olive oil on it and fold and press twice more. On a baking mat or piece of parchment paper sprinkle a bit of flour (lightly!) and pinch off 8 balls from the dough mass. Pat into circles with your hand. Take a heavy bottomed skillet or frying pan and heat it (no oil should be used. You are "baking" it in the skillet). Leave on medium heat and place about 3 rounds in the skillet, don't overcrowd it. Let cook for 2-3 minutes and do NOT press down on the rounds, or till the bottom develops dark spots (peek underneath with a spatula) and then flip and cook on the other side an additional 2-3 minutes till browned. Pile on a platter and serve. A note. These freeze amazingly well and I happily defrost one when needed, popping into a toaster or toaster oven to crisp it up a bit.