

Chefs A' Field

Culinary Adventures That Begin on the Farm



MAKING A FLATBREAD

By CHEF GEORGE SCHENK of AMERICAN FLATBREAD

FLATBREAD PHILOSOPHY

Flatbread is one of the most versatile foods, as is evidenced by the number of cultures who use it. The making of Flatbread dates back more than 1200 years.

The breads bake very quickly in American Flatbread's 800 degree ovens, and therefore many of the toppings need to be par-cooked before being placed on the raw dough.

In making a Flatbread, nearly every raw dough gets a liberal brushing of a blend of extra-virgin olive and organic canola oils infused with fresh organic garlic.

Next comes a sprinkling of kosher salt.

After that the choices are endless between savory toppings and cheeses and herbs: Wood-roasted pancetta (an Italian cured pork-similar to bacon) baked with organic red peppers, organic rainbow chard, sweet onions, and Vermont Chevre to Sauteed organic Portobello mushrooms baked with organic baby spinach, our house-made organic tomato sauce, red onions, and fresh mozzarella.

Use your creativity and combine toppings that are best of the season.



**HOT TO COOK A FLATBREAD AT HOME...
IF YOU DON'T HAVE A 3000 POUND SOAPSTONE OVEN:**

You can now purchase American Flatbread in select grocery stores across the country. Here are a few of our favorite ways to cook a Flatbread at home:

Baking devices recommended:

- Conventional Oven
- Gas/Charcoal/Wood-fired Grill
- Wood-fired Oven
- Wood-fire and flat rock

Cooking Directions using conventional oven method:

Preheat oven to 425 degrees F. Remove flatbread from box. Remove flatbread from plastic bag. Place flatbread directly on your oven rack. Bake 3-6 minutes. The crust should be just lightly crisp to the touch. (The trick is not to overheat. It will make your flatbread dry.) Remove from oven, slice. Enjoy.

Cooking Directions using Grill method:

For Gas grill Light grill and leave on High for ten minutes to pre-heat. Turn flame down to low and place flatbread on to grill rack. Put grill lid on and wait 2-3 minutes. Open up lid and check cooking progress, especially peek at the bottom of the flatbread to see if flames are scorching - you may need to turn grill off and put the lid back on to continue heating flatbread more without browning further. Remove from heat, slice, serve and enjoy.

For Wood-fired/charcoal grill Light fire and preheat grill. When coals are ready, push them to one side. Place flatbread on part of grill rack where there are no coals directly underneath. Close grill lid for 1-2 minutes, then open and check flatbread. Rotate edge closest to coals every minute or so until flatbread has lightly crisp crust and is heated evenly. Remove from heat, slice, serve and enjoy.

Cooking Directions using Neolithic Method:

Make a fire on a flat rock and keep fire going for 30-60 minutes to heat rock deeply. Push fire, coals and ash to one side and place flatbread on hot rock for 5-8 minutes. Rotate side facing fire several times to heat flatbread evenly. Remove from heat, slice, serve and enjoy.

Courtesy of Chefs A' Field.