



COLORADO STATE UNIVERSITY
EXTENSION

Family Matters

Improving Health Together

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Making Flatbreads with Kids

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Flatbread is a type of bread that is just that, flat! Some flatbreads are unleavened, meaning they are not made with an ingredient, such as yeast or baking soda, to help them rise. But some are leavened just slightly, to form a sort of flattened pillow. Most flatbreads are a round-ish shape. Many are made with flour, salt, water, milk, yogurt, or some other liquid; however, ingredients vary from culture to culture.



There are too many types of flatbreads to list in this newsletter, but these are just a few.

- **Pita** is often made with wheat flour, water, olive oil, yeast, and salt – common in some Mediterranean regions, such as Greece and Turkey.
- **Naan** is typically made with wheat flour, water, ghee (clarified butter), yeast, and salt – popular in some areas in the Middle East and Asia, such as Iran and India.
- **Yufka** is a very flat and large unleavened flatbread made with flour, water, and salt – made in Turkey.
- **Tortilla** is an unleavened flatbread made traditionally from corn flour (masa) and now wheat flour as well, plus water, salt and sometimes lard and milk – originating in Mexico and Central America.
- **Injera** is a sour fermented flatbread made with teff flour that has a flimsy, spongy texture – a staple food in Ethiopia.

Some flatbreads, like injera, can be used as a utensil to scoop up other foods when eating, or some, like tortillas, can be topped and folded in half and eaten like a taco. Pitas may contain a pocket when cut in half and can be stuffed with meats, vegetables, and/or sauces and eaten like a sandwich. Or they may be simply torn into pieces and dipped in hummus or used to soak up sauces.



Consider trying your hand at a few different flatbreads and incorporating them into different meals as a fun way to explore the tastes of different cultures. Most flatbreads can be made in large batches and frozen for thawing and eating later. Because there are no preservatives in homemade flatbread, it is best to eat freshly made flatbread within 2-4 days, and then freeze the rest. After thawing, you may prefer to toast it slightly in the toaster or toaster oven to warm it up a bit.

Helping families increase physical activity and enjoy healthy foods ...

Let's Talk

While it may be messy, getting children in the kitchen to help with cooking projects is so much fun! It also provides children with an opportunity to use their fine motor skills, math skills, and senses. Cooking and baking can be therapeutic for many children and adults alike. It facilitates quality family time, with the reward of a delicious treat in the end. Make flatbread with your children! It is an easy baking project that requires few ingredients and a fairly simple process. Children may love to get their hands in the dough but do remind them to wash those hands first. Take this time to talk about different cultures around the world and how different people are part of different cultures who eat different foods.

Recipe for Health

Mediterranean Flatbreads

Ingredients

- 2 cups warm water
 - 2 teaspoons dry yeast
 - 1 tablespoon honey
 - 3 tablespoons olive oil
 - 2 tablespoons chopped fresh parsley
 - 1 teaspoon dried thyme leaves
 - 1¼ teaspoons salt
 - 2 cups whole wheat flour
 - 3½ cups unbleached white flour
 - 1 teaspoon baking powder
- Additional flour for kneading



Instructions

1. Wash hands and food contact surfaces with soap and water.
2. In a large bowl, combine the water and yeast. Let sit for a minute or 2, until the yeast is dissolved. Stir in the honey, olive oil, minced parsley, thyme, and salt. Add the whole wheat flour and stir until well mixed.
3. Add the white flour, 1 cup at a time, along with the baking powder, stirring until a soft dough forms. On a clean, lightly floured work surface, knead the dough for about 5 minutes, using a sprinkling of flour as necessary to prevent the dough from sticking. Shape the dough into a ball. Put the dough into the bowl, cover and let rise for 20 minutes.
4. Divide the dough into 8 equal pieces. Form each piece of dough into a ball. Use a rolling pin to roll each piece of dough into a circle 5 to 6 inches in diameter and about ¼ inch thick.

Cook the flatbreads on a hot griddle for 2 to 3 minutes on each side, until golden brown and slightly puffed. Stack the cooked flatbreads on a plate and cover with a clean cloth to keep warm.

Recipe from <https://cookingwithkids.org/recipe/mediterranean-flatbread/>