

GOLDEN SOFT EINKORN PITA

WITH KOFTA, TZATZIKI, TOMATO, ONION, AND FRESH HERBS

The golden soft, yellow hued flour from einkorn wheat makes incomparably delicious pita breads. Soft and warm right off the skillet or from the oven simply can't be beat. While the dough this makes is a little more tender and sticky than a dough made from a hard wheat, a little extra dusting flour when patting or rolling out into shape is all the extra care needed. It's incredible flavor and soft tender result is well worth the extra effort. In fact it is truly not hard to make at all.

The most important consideration when baking pitas is not to over bake or under bake them. Since they are thin it is fairly easy to overbake them. They should be just set at an internal temperature of 195-200 degrees. While you can certainly try to monitor using a thermometer although since the bread is so thin it can be difficult to get accurate readings. A little practice and you'll have get thr hang of it. If they come out dry you over baked. if they are goeey they didn't go long enough.

Tzatziki

This sauce is so perfect and simple it's deliciousness is always stunning. It seems to know the lamb and pita, creating a symphony of mouthwatering flavor transcending like few others.

1 cup greek yogurt(yoghurt drained in cheese cloth)
The juice of 1 lemon
1/2 cup diced, peeled, and seeded cucumber
1 teaspoon chooped fresh dill(or dried if you can't get fresh)
salt and pepper

Lamb Kofta

For those unfamiliar with Kofta it is basically ground meat with herbs, spices, onion and garlic. It is very easy to make but for further simplification slouvaki is simply small pieces of meat on a stick for grilling. A dry rub marinade of these spices can be used.

1lb Ground Lamb(any ground meat will work)
Teaspoon Salt
1 pinch black pepper
2 cloves minced or pureed garlic
4 tablespoons minced or pureed onion
1 tablespoon chopped mint
1 pinch allspice
1 pinch cumin

Pita

Ingredients:

1lb 5oz einkorn flour
2 tsp salt
½ tsp instant yeast
2 cups water

Directions:

1. Mix flour with salt and yeast
2. Mix water with dry ingredients into dough with spoon
3. Allow to rise at least 30% in volume before using
After initial rise limit further rising by keeping dough under refrigeration and Use for up to one week.
4. Scoop 1/2 cup of dough and pat into a round using plenty of flour for dusting.
5. Roll out to 5-8 inches and ¼-⅓ inches thick
Thicker pitas can be patted into shape with the palm of your hand or for thinner pitas a rolling pin works best.
6. Use plenty of flour when patting or rolling your dough so it doesn't get stuck. You can always brush off excess flour after baking.
7. Bake for one to 2 minutes per side on a hot griddle, or in an oven at 500 degrees or over some charcoal on the grill.



WHOLE SPELT LAVASH

PAPER THIN HARVEST WHEAT FLATBREADS

WITH YELLOW EYE FALAFEL AND HUMMUS, BHABAGHANOUSH AND CUCUMBER TOMOATO SALAD

This preparation is very similar to pita except the dough is rolled and stretched to the thinnest possible sheet and baked in less than two minutes on a very hot pan, griddle or in a tandoor oven. The thinner it is and the longer it bakes the more quickly it will become a cracker both on and off the griddle. The biggest challenge is getting the thin lavash dough from your rolling station to the griddle without it folding or tearing too much. While it's traditional to use a pillow to do the final stretching and to flip the lavash into place a simple method you can use is to do your final stretching of the dough on a silicone mat or a piece of parchment paper and use that to flip it onto the griddle or into your pan (a 10-14 inch pan of any sort will do). You'll want to use plenty of flour on both sides as you roll it out and you may have to let the dough rest several times for a minute or two to allow the dough to relax while it is getting stretched to its limits. Don't force it. Roll it a little and then do another task and repeat until the dough is thin and fairly even dusting and flipping frequently. You'll notice a tendency for the dough to get overly thin in the middle and to stay thicker around the edges. As you roll pay extra attention to rolling the outer edges and when you do your final stretch of the dough focus on thinning out the edges, not the middle.

Yellow Eye Hummus

Soak your beans overnight or in hot water for 1-2 hours and then cook until soft. Put all ingredients in your food processor and process until totally smooth. Put in serving bowl and sprinkle with chili, thyme, sumac olive oil and turmeric for an extra touch.

1lb Yellow eye beans
1/4 cup Tahini
1/8 cup garlic cloves
2 tablespoons olive oil
Juice of one medium lemon
1/8 teaspoon turmeric
1/8 teaspoon cumin
2 teaspoons salt
black pepper

Falafel

Soak Yellow Eye Beans overnight. Place all ingredients into a food processor and process until a sand like texture that will hold shape when you press into a shape for frying.

1lb Yellow Eye beans
Juice of one medium lemon
3-4 cloves of garlic
1/8 cup chopped parsley
1/4 teaspoon cumin
1/8 teaspoon coriander
2 teaspoons salt
1/8 teaspoon black pepper
1 tablespoon sesame seeds
1 tablespoon Aleppo pepper or other chili flakes/powder



Lavash Bread

Ingredients:

1lb 5oz wheat flour
2 cups water
2 teaspoons salt
1/2 teaspoon yeast or 1/4 cup sourdough starter

Directions:

1. Mix your dry ingredients together
2. Combine with water until thoroughly mixed
3. Allow the dough to ferment for at least 45 minutes and use very warm water for a quick result. You can also use cool water and place in the refrigerator or use later or the following day.
4. Using your 1/4 cup measure scoop out a piece of dough and gently massage into a disc shape. (use 1/3 cup scoop for larger lavash)
5. Using lots of dusting flour on both sides begin to roll the disc into a thinner and thinner round keeping well coated in flour.
6. Once the dough is about 3 millimeters thick move it onto the silicone mat or parchment paper. Do your final rolling or stretching and place on your griddle or into the oven.
7. Lavash can be cooked anywhere from as little as 1 minute to as much as several minutes and it really depends on the thickness of your dough and the temperature of your oven combined with your preference for softness or crunchiness.

Play around and have fun! there is no one right way to do anything and the more you practice the better you'll get!!

