

## Mishtah Flatbreads

### Ingredients:

- ¼ cup bulgur, soaked for an hour in 1 cup warm water (reserve 1/3 cup for recipe)
- ½ cup warm water
- 1 tsp yeast
- 1 T olive oil
- 2/3 cup ripe sourdough
- 1 ½ cups water

In large bowl of stand mixer, combine ½ cup warm water with yeast. Let sit for 5 to 10 minutes to dissolve yeast. Stir in the olive oil, sourdough and 1/3 cup of the soaked bulgur.

- ½ cup whole wheat flour
- 2 ½ cups bread flour
- ¼ cup buckwheat flour ( you may substitute rye or corn flour)
- 1 ½ tsp. Salt
- ½ tsp anise seed
- 2 T sesame seeds
- ¼ tsp cumin seed

In a medium bowl, combine the above dry ingredients and mix with a spoon.

Stir the dry ingredients into the yeast mixture, using your hands and a spoon to form a rough ball. Cover the bowl with plastic and let it sit on the counter for 1 hour.

Next, attach the dough hook and mix on low speed for 1 minute. You should have a soft ball.

Recover the bowl and keep in the refrigerator overnight.

The next morning put the bowl on the counter and allow two hours to warm up. Leaving the dough in the bowl, use wet hands to do a set of stretch-and-fold. Then recover the bowl and leave it for 30 – 40 minutes. Do another set of stretch-and-fold.

Line two baking sheets with parchment paper and put baking stones in your oven.

Remove the dough from the bowl and place it on a damp counter (I use a spray bottle of water). Use a kitchen shears to cut the dough in four even pieces. Wet your hands as you form each portion of dough into a ball and place it on a baking sheet – two portions to each baking sheet. Spray water on each loaf, then sprinkle with sea salt and sesame seeds.

Cover the loaves (I use plastic covers) and leave at room temperature to proof for 20 to 30 minutes and expand.

Preheat your oven to 475 degrees F. and allow 20 to 30 minutes more to proof the loaves . Use a baking peel to slide under the parchment paper and transfer the loaves onto the baking stones. Bake for 20 to 25 minutes until loaves are browned on top and bottom. Remove to a rack and let breads cool thoroughly.