# Make Flatbread with Toppings

## Description

In this activity, students will make a yeast dough to create a healthier version of a pizza called a flatbread.

Flatbreads are not round like a pizza but can be different shapes and sizes (usually oblong) and contain a variety of vegetable-based options for toppings. Artisan flat breads differ from

pizza in that they are thinner and showcase the ingredients rather than the dough. Many artisan flatbreads have fewer toppings relative to the size of the crust, and small amounts of cheese

are added either before or after baking. They are often finished with an olive oil and/or vinegar drizzle.

## Lesson Objectives

Students will:

* learn to work with yeast dough
* learn new and different flavour combinations, and
* work with a variety of ingredients.

## Safety Considerations

Basic food and kitchen safety

## Assumptions

The student understands ingredient measurement, food handling safety, and appropriate clothing and personal attire in kitchens.

## Terminology

**Yeast**: A single cell biological organism that produces carbon dioxide when under the right conditions.

**Yeast dough**: A soft dough made from white, whole wheat, or bread flour that uses yeast as its leavener.



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## Estimated Time

### Day 1

5 minutes: Introduction

20 minutes: Prepare dough

### Day 2

45–60 minutes: Shape, top, proof, and bake 15 minutes: Sharing

## Recommended Number of Students

This activity should be done individually.

## Facilities

* Home Economics lab or cafeteria kitchen
* Internet-accessible computer, projector, and screen

# Demonstrating Skills And Knowledge

## Procedure

### Day 1

1. Show images on an overhead projector of various flatbreads from an online search, focusing on the healthier vegetable based ones. Note that flatbreads can also contain meat, or fruit for a more dessert-like product.
2. Introduce yeast breads, how yeast behaves and what it needs to survive. Stress the importance of not killing your yeast with water that’s too hot or adding salt at the wrong time.
3. Hand out recipes.
4. Have students make a batch of dough, and store it in the fridge in a greased bowl overnight. The recipe says it is made in groups of two but they can either use it as is for an individual or it can be scaled/halved for a single flatbread. If they have time they can prep some of their toppings.

### Day 2

1. Remove dough from the fridge.
2. Shape on a parchment lined baking pan, brush with olive oil and set aside to rise at room temperature. The dough should be quite thin: less than 1 cm thick.
3. Prepare the toppings. Have students think about flavours and colours as well as texture and the temperature. Also consider when the topping is added: before or after baking.
4. Apply toppings when dough has doubled in height.
5. Clean up workspace as the flatbread bakes.
6. Bake until done: the edges are golden brown and sound hollow when tapped.
7. Let cool slightly, add raw toppings, slice and enjoy. Have students cut their flatbread into the number of slices for the people present and place them on a plate or baking tray. Have take-away bags or plates available.
8. Have students taste each other’s creations and give at least one positive feedback, even if they don’t care for the flavour—perhaps the dough was a nice consistency or cooked properly, or it was aesthetically pleasing.
9. Remind students to take photos during and after their flatbread is complete.

## Extension Activity

Research flatbreads from around the world. Each student or pair of students chooses a country to report on. Students make a slide presentation or visual representation of the various types of flatbreads that are available in their chosen country. The collection of images should be shared with the class, highlighting the similarities and differences to the ones made in their lab. They can focus on ingredients, cooking methods, and historical roots of the flatbreads. Presentation time: 2–5 minutes.

## Evaluation Guidelines

Consider co-creating the assessment criteria with your students at the beginning of the activity/ project. You may want to include the following:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Emerging** | **Developing** | **Proficient** | **Extending** |
| **Preparations**  Mise en place |  |  |  |  |
| **Dough Texture**  Soft, and smooth; adequate kneading. |  |  |  |  |
| **Dough Shape**  Properly proofed; even thickness when shaped. |  |  |  |  |
| **Toppings**  Evenly distributed (either before or after baking); aesthetically pleasing. |  |  |  |  |
| **Baking**  Cooked adequately – not over- or under-baked |  |  |  |  |
| **Flavour**  Ingredients/toppings work well together; dough has a pleasant flavour. |  |  |  |  |

# Artisan Flatbread

### Yield



2 flatbreads

### Ingredients

2¼–2¾ cup flour 1 tsp sugar

1 tsp salt 2¼ tsp yeast

1 cup warm water (not over 115°F) 2 T oil

1 tsp of dried seasonings or 1T of chopped fresh herbs (optional). Examples: rosemary, parsley, oregano, thyme, garlic, green onion

Cheese (optional)

### Examples of Topping Combinations

* pears, nuts, goat cheese, sliced radish, spring onions, flavoured oils or vinegars
* arugula, spinach, cranberries, and goat cheese
* wild mushrooms, herbs, and mild soft cheese
* strawberries, balsamic, and arugula with a soft cheese
* roasted squash or beets with soft cheese and nuts or micro green

### Preparation

1. Pre-heat oven to 450°F.
2. Combine 1½ cup flour, sugar, salt, yeast and mix well.
3. Mix water and oil and blend. Add into dry ingredients. Beat for two minutes.
4. Stir additional ½–¾ cup flour until it pulls away from sides of bowl and forms a ball.
5. Knead another ¼–½ cup flour until dough is smooth (about five minutes).
6. Cover and let rise in a large, lightly-greased bowl until doubled (about 20 minutes). Alternately, it may be left covered in the bowl in a fridge overnight.
7. Divide dough (this recipe makes two small single-serving flatbreads).
8. Place dough on parchment on a cookie sheet.
9. Shape into desired shape, usually a long rectangle (this is a thin crust).
10. Add toppings and sprinkle or dot with a small amount of cheese if desired, let rise until double.
11. Bake at 450°F oven for approximately 20 minutes or until crust is brown at the edge and cheese is melted and/or lightly browned.