

LEPYOSHKA - UZBEK FLATBREAD

(adapted from a youtube video)

1 + 1/2 cups water, at room temperature
1 cup yogurt, full-fat
1 tablespoon instant yeast
1 teaspoon sugar
2 cups whole-wheat flour (I needed to add quite a bit more)
1 tsp salt
2 tablespoons olive oil

Mix all ingredients in the order listed in a bowl. Knead by hand for 10 minutes, or if using a KitchenAid type mixer, knead at medium speed for 6 minutes. If the dough seems too slack, add more flour at this point. It should feel sticky, but hold together nicely.

Transfer dough to a clean bowl lightly brushed with oil. Cover and allow it to ferment at room temperature for 2 hours.

Divide the dough in 4 portions, shape each as a small ball. Cover and leave at room temperature for 5 minutes.

Flatten each ball into a round. Press the center, forming a thicker layer of dough all around the perimeter. Use a spoon and a bread stamp to decorate the surface.

Bake in a 375 F oven inside a Dutch oven for about 20 minutes. Remove the cover after 10 minutes. If you have a large enough Dutch oven, you can bake two at a time. If baking one at a time, leave the balls covered and make the decorations right before baking.