

MJUKKAKA

(from Chef Mimi's blog)

2 cups bread flour plus an extra tablespoon or two if necessary and more for rolling the dough

3/4 cup barley flour

1 1/2 teaspoons instant yeast

1 teaspoon fine sea salt

1 teaspoon granulated sugar

1 cup water room temperature

1/4 cup plain whole-milk Greek yogurt

1 tablespoon canola oil plus more for oiling the bowl and cooking the flatbreads

2 tablespoons unsalted butter, melted

Flaky sea salt for sprinkling

Whisk bread flour, barley flour, yeast, salt and sugar together by hand in the bowl of a stand mixer. Add water, yogurt and 1 tablespoon oil to the dry ingredients.

Fit a stand mixer with the dough hook and begin mixing at medium-low speed until dough just comes together. Increase mixer speed to medium and knead dough for three minutes. If dough is sticking to the sides or the bottom after the first 3 minutes of kneading, add an additional tablespoon of bread flour before continuing the kneading process. Continue kneading at medium speed until the dough is tacky but not sticky and clears the bottom and sides of the bowl, approximately 2–3 more minutes. Add an additional tablespoon or two of bread flour if dough continues to stick to the sides or bottom of the bowl during the kneading process.

Transfer the dough to an oiled bowl. Cover and let rise for an hour at room temperature or until doubled in size. Transfer dough to a clean countertop and divide into 8 equal pieces, about 80 g each. Roll each piece into a rough ball. Cover with plastic wrap.

Working with one piece of dough at a time, use a rolling pin to create a thin circular flatbread (like a thin tortilla). If the dough sticks to the rolling pin, sprinkle a little flour on top. It's okay if the dough is sticking to the work surface. Finish by rolling the flatbread a couple of times with a deep notched rolling pin. Brush off any excess flour from the top of the dough.

Using a dough scraper and your fingers, gently release the flatbread from the countertop. Add to a skillet with a little oil heated over medium heat. Cook the first side for 1 to 2 minutes, flip and cook the second side. Remove the flatbread from the skillet and transfer to a plate. Brush lightly with melted butter and sprinkle with coarse salt, if so desired (I omitted the butter).

Repeat the process with the remaining portions of dough. Eat immediately or wrap tightly and freeze once the flatbreads have cooled to room temperature