

Moroccan Flat Bread

1 Servings

2t	1t	1/2	teaspoon dry yeast
2t	1t	1/2	teaspoon sugar
1c	1/2	1/4	cup whole wheat flour
3c	1/2	3/4	cup all purpose flour
3/4	4	2	fl. ounces water
		1	pinch kosher salt
		1	pinch anise seeds
		1	pinch caraway seeds

In a 1qt. bowl, mix the dry yeast and sugar with 2 liquid ounces of warm water. Stir lightly until all of the yeast and sugar have dissolved. Add the whole wheat flour and stir until a thick paste has formed. Add all purpose flour while stirring until the dough forms a soft ball and pulls away from the side. Remove the dough ball from the bowl and knead on a dry surface for about 3 minutes. When lightly pressed, the dough should lightly spring back. Place the dough ball into a lightly oiled bowl and lightly spritz the top of the dough with vegetable spray to prevent drying. Place the dough in a warm place to rise until double in size (Approx. 1 hour). Remove the dough from the bowl. Place on a lightly oiled flat pan, dust the pan with a little cornmeal. Gently press the dough into an approximately 6" circle. Top with caraway and anise seeds. Sprinkle with the kosher salt. Bake in a pre-heated 350° oven for 7-10 minutes or until golden brown on top.