



CHICKPEA-STUFFED ALEPPO FLATBREADS

Felice Bogus, Raleigh, North Carolina

“This flatbread emerges as a warm, herby treat that you might find in a stall in a Middle Eastern souk. This bread is easy-to-make. Its exotic flavors will transport your family to another world.”

INGREDIENTS

DOUGH

- 3 1/2 cups (28 ounces) warm water (110°F - 115°F)
- 1 1/2 tablespoons RED STAR® Active Dry Yeast
- 1 1/2 tablespoons (1/2 ounce) kosher salt
- 7 cups (29 1/2 ounces) King Arthur® Unbleached All-Purpose Flour, plus extra for rolling
- 3 tablespoons (1/2 ounce) za’atar spice blend*
- 1 (15 1/2-ounce) can chickpeas or garbanzos, rinsed, drained well
- 4 tablespoons (2 ounces) olive oil, divided
- 3 teaspoons (1/4 ounce) dried, crushed Aleppo Chili pepper, divided**
- 1/2 teaspoon kosher salt
- 2 teaspoons grated lemon zest

DIRECTIONS

1. In a 5-quart bowl with lid, combine water, yeast, and salt. Stir in all-purpose flour and za’atar until well combined. Cover; let rise 2 hours at room temperature. Refrigerate risen dough overnight.
2. About 1 hour before shaping, position a baking stone in center of the oven and heat the oven to 500°F.
3. In medium bowl, coarsely mash well-drained chickpeas, then stir in 1 tablespoon olive oil, 2 teaspoons Aleppo Chili pepper, and salt.
4. In small bowl, mix together remaining 3 tablespoons olive oil, 1 teaspoon Aleppo Chili pepper and lemon zest; reserve.
5. Turn dough out onto a floured surface and flatten slightly. Place chickpea mixture on top of the dough and fold dough over onto itself 3 - 4 times until it comes together and forms a ball. Dust dough with flour and divide into 8 equal pieces.
6. Roll each piece into a ball to evenly incorporate the chickpea mixture, then with a lightly floured rolling pin, roll each ball into a 7" - 8" round, about 1/4" thick. Use enough flour so the dough does not stick to rolling pin or surface. If dough resists rolling, cover and let rest 10 minutes. Brush tops of dough rounds with reserved Aleppo Chili pepper mixture.
7. Working in batches, transfer the dough rounds to a floured pizza peel (or overturned baking sheet). Use a large metal spatula to slide the rounds onto the hot stone or baking sheet. Bake until the rounds turn golden brown, 7 - 9 minutes. Remove from oven and wrap in a clean towel to preserve soft texture. Cut in wedges and serve warm.

Yield: 8 flatbreads, 24 servings.

* Za’atar is available in Middle Eastern stores, supermarkets, or online. If not available, za’atar may be made:

1 1/2 tablespoons dried thyme, 1/2 teaspoon toasted sesame seed, 1/2 teaspoon sumac (or substitute grated lemon zest), 1/4 teaspoon oregano, and 1/8 teaspoon kosher salt. Place all ingredients in a spice grinder or mini food processor and pulse, leaving most of the sesame seeds whole. Makes about 1/4 cup.

** If Aleppo Chili pepper is not available, a mixture of 2 1/2 teaspoons ground paprika and 1/2 teaspoon ground cayenne pepper may be substituted.

NUTRITION INFORMATION PER SERVING (1/3 FLATBREAD, 85g): 170 calories, 3g fat, 2g fiber, 0g saturated fat, 0g trans fat, 29g carbohydrates, 0mg cholesterol, 430mg sodium, 6g protein, 1mg vitamin C, 3mg iron, 21mg calcium.