

UNLEAVEN BREAD RECIPE

- 3 ½ cups whole wheat flour
- 1 pinch salt
- ⅓ cup honey
- ½ cup vegetable oil
- 1 egg yolk
- ⅞ cup warm milk

DIRECTIONS

1. Mix honey and oil and warm slightly.
2. Mix egg yolk in warm milk.
3. Add honey and oil to flour and salt.
4. Then add egg and milk mixture gradually to the flour mixture.
5. Divide dough into three equal pieces.
6. Working with one piece at a time, roll out very thin to dinner plate size.
7. Score dough using a shot glass for the center, then a saucer and next a salad plate (or whatever works to make approximately three equal outer circles).
8. Then score twelve spokes out from the center circle.
9. Bake on cookie sheet for 10 minutes at 350 degrees.
10. Wrap in saran wrap while still warm. Store in refrigerator or freezer.
11. Makes three flat loaves.