SARDINIAN FLATBREAD

Legend has it that this ancient Italian flatbread is so thin that the baker should be able to see through it. Try this simple and easy recipe!

LEARN TOGETHER

Baking is a wonderful way for your child to practice completing a multi-step project from start to delicious finish. Talk about each step along the way.

You may even want to take a virtual trip around the world to Sardinia, to learn about the shepherds who have been eating this flatbread for thousands of years!

Ingredients

• 2 cups flour, plus extra for your rolling surface.
• ½ teaspoon salt
• ½ cup olive oil
• ½ cup water
• Sea salt (optional)
• Rosemary, cinnamon-sugar, “everything” spice (optional)

Cooking Supplies

• Large mixing bowl or food processor
• Whisk or wooden spoon
• Rolling pin
• Large sheet pan
• Fork
• Oven safe spatula

MAKING TOGETHER

1. Preheat the oven to 500 degrees.
2. Combine flour and salt in a food processor or mixing bowl.
3. Whisk together the oil and water and a pinch of flour to combine the liquids.
4. Slowly add the liquid until the dough is no longer sticky and forms a firm ball.
5. Cut your dough into 12 small balls and press each flat with the palm of your hand.
6. On a well-floured surface, roll out each piece of dough with a rolling pin. Don’t worry about creating perfect circles—just roll it out as thinly as you can!
7. Gently transfer your rolled-out dough to an ungreased sheet pan.
8. Score the tops of each piece by gently poking the surface with a fork. This helps minimize bubbles!
9. If you like, sprinkle with sea salt, herbs, or other spices.
10. Bake for about 2-3 minutes on the first side and flip when dough begins to brown and puff up. Cook for one minute more. Be sure to keep a close eye on your bread, as it can burn quickly!

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