

HOMESTEAD WIFE LIFE

HWL Kitchen Ledger

Flatbread (Whole Grain · Yeasted Method)

Freshly Milled Whole Grain Flatbread (BB202 · Yeasted)

Formula (Standard Batch)

Flour Total: 300 g (about 2 1/2 cups)

Primary Blend

120 g Hard White Wheat (about 1 cup)

90 g Sonora Wheat (about 3/4 cup)

90 g Bread or All Purpose Flour (about 3/4 cup)

Alternate Blend

210 g Hard White Wheat (about 1 3/4 cups)

90 g Bread or All Purpose Flour (about 3/4 cup)

Other Ingredients

220 to 230 g water (about 1 cup)

6 g fine sea salt (about 1 teaspoon)

15 g olive oil or melted butter (1 tablespoon)

3 g instant yeast (about 1 teaspoon)

Optional Tenderness Upgrade

15 g yogurt (1 tablespoon)

or

5 g honey (1 teaspoon)

Kitchen Note: If using cups, begin with less water and adjust as needed.

Method

1. Autolyse

Combine flour and water until no dry spots remain. Rest 20 to 30 minutes.
Whole grain flour benefits from this rest. It allows the bran to hydrate and soften.

2. Final Mix

Add yeast, salt, oil or butter, and yogurt or honey if using.
Mix until a soft, slightly tacky dough forms.

3. Bulk Fermentation

Cover and rest 45 to 75 minutes.
You are looking for a slight rise and a relaxed dough. Not a full doubling.

4. Divide

Divide into 6 to 8 portions. Shape into smooth balls.

5. Bench Rest

Rest 10 to 15 minutes.
This allows the dough to relax for easier shaping.

6. Shape

Gently press or roll flat.
Do not force the dough. If it resists, let it rest and try again.

7. Cook

Cook in a dry pan over medium to medium high heat.
Flip when bubbles form. Cook until lightly browned.
Whole grain browns faster. Adjust heat as needed.

8. Finish

Brush immediately after cooking with oil or butter.
Keep covered with a towel to maintain softness.

Finishing Options

Roasted Garlic Confit Oil (Base)

Brush warm flatbread with garlic confit oil.

Variation 1

Garlic confit oil

Finely grated Pecorino cheese

Variation 2

Garlic confit oil

Dried oregano

Crushed red pepper flakes

Roasted Garlic Confit Oil

Ingredients

1 cup garlic cloves, peeled

Olive oil, enough to fully cover

Method

Place garlic in a small pan and cover completely with oil.

Cook over very low heat until soft and lightly golden.

Do not fry. Do not allow rapid bubbling. This is a slow infusion.

Cool and store in the refrigerator.

Kitchen Note - Working with Whole Grain

Whole grain flour absorbs more water and benefits from time.

Autolyse and fermentation work together to soften the bran, improve texture, and make shaping easier.

If the dough feels tight, it needs more rest.

Kitchen Note - Choosing Your Wheat

Not all wheat behaves the same.

Hard white wheat produces a mild flavor and soft crumb.

Sonora wheat adds tenderness and flexibility.

Stronger wheats such as hard red create more structure and deeper flavor.

Choose your grain based on what you want the bread to do.

Key Takeaway

This is the same technique, adapted for whole grain flour and supported with fermentation.

You are building softness, flexibility, and reliability.

Once you understand how the dough feels in your hands, you can adjust it to suit your kitchen.