

Chestnut Flatbread Recipes

30% Chestnut / 70% Wheat Flatbread

Ingredients:

- 1 cup wheat flour
- ½ cup chestnut flour
- 1 cup plain Greek yogurt
- 1 tsp baking powder
- ½ tsp salt

Method:

- Mix flours, baking powder, and salt in a bowl.
- Stir in Greek yogurt until dough forms (soft but not sticky). Add a splash of water if needed.
- Knead lightly, then divide into 4–6 balls.
- Roll each ball into a thin round (~¼ inch thick).
- Cook in a hot skillet 2–3 minutes per side until golden spots appear.
- Serve warm.

Notes: Rustic flavor, not overpowering. Flexible and does not break when folded.

50% Chestnut / 50% Wheat Flatbread

Ingredients:

- ¾ cup wheat flour
- ¾ cup chestnut flour
- 1 cup plain Greek yogurt
- 1 tsp baking powder
- ½ tsp salt

Method:

- Mix flours, baking powder, and salt in a bowl.
- Stir in Greek yogurt until dough forms (soft but not sticky). Add a splash of water if needed.
- Knead lightly, then divide into 4–6 balls.
- Roll each ball into a thin round (~¼ inch thick).
- Cook in a hot skillet 2–3 minutes per side until golden spots appear.
- Serve warm.

Notes: Hearty, nutty flavor. Strong chestnut taste but may break when folded.

100% Wheat Flatbread (Baseline)

Ingredients:

- 1½ cups wheat flour
- 1 cup plain Greek yogurt
- 1 tsp baking powder
- ½ tsp salt

Method:

- Mix flours, baking powder, and salt in a bowl.
- Stir in Greek yogurt until dough forms (soft but not sticky). Add a splash of water if needed.

- Knead lightly, then divide into 4–6 balls.
- Roll each ball into a thin round (~¼ inch thick).
- Cook in a hot skillet 2–3 minutes per side until golden spots appear.
- Serve warm.

Notes: Very pliable and flexible. Lacks chestnut flavor but has good tang from yogurt.



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