

SWEET POTATO FLATBREAD

INGREDIENTS:

1 cup roasted sweet potato
3/4 cup room temperature water
2 tablespoons olive oil plus more for frying
2 1/3 cups Spelt or Einkorn flour
1 teaspoon baking powder
1 teaspoon sea salt
Optional: various herbs & spices. See Note below.

DIRECTIONS:

Place sweet potato in a large mixing bowl and mash well with a fork.
Add the water and olive oil. Mix well to combine.

Add the flour, baking powder, and salt to the bowl. Use a wooden spoon or spatula to mix until no streaks of flour remain and you have a soft ball of dough.

Turn the dough out onto a lightly floured surface and cut it into eight equal pieces.
Use your hands to roll each piece into a rough ball, adding flour as needed to prevent sticking.
Use a rolling pin to roll each ball into a round about 1cm (~1/4 in.) thick.

Heat a frying pan over medium heat. Once the pan is hot, add a drizzle of olive oil and start to fry the flatbreads. Carefully place a rolled out round into the hot pan.
Fry for 45 seconds. Once the first side is browned, flip and fry for 45 seconds more.
The bread should start to bubble and puff up as soon as it hits the pan.
(If not, the pan is not hot enough.)

Continue to roll out the flatbreads as you cook, and repeat the frying process until all of the dough has been used.

Serve warm.

Leftovers will keep well in a sealed container at room temperature for a couple of days, and freeze well.

NOTE:

Items that go well with Sweet Potatoes:

Chili pepper, cilantro, garlic, ginger, rosemary, thyme, allspice, cinnamon, nutmeg, coconut, clove, salt.

Lime, onions, carrot, walnuts, oranges, pineapple, apples, and potato.

Pecans, maple sugar, duck and poultry