Yogurt Flatbreads with Cumin Lentil Dip

4 small flatbreads and lentil dip; 2 breads with half the dip per person · Active 35 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

Ingredients

• About 1 cup plus 1 tablespoon all-purpose flour (130 g), reserve 10 g for shaping

• 7 tablespoons plain nonfat Greek yogurt (100 g)

• 1 teaspoon double-acting baking powder (4 g)

• 1/3 teaspoon fine salt (2 g), use 1 g in dough and 1 g in dip

• 1/2 cup dry red lentils, rinsed (100 g)

• 1 1/2 cups drinking water (350 ml), plus up to 60 ml if needed for lentils

• 1/2 teaspoon ground cumin (1 g)

• 1 small garlic clove, peeled and minced (3 g)

• 1 tablespoon olive oil (15 ml/about 13.5 g)

• 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)

Set out

Stovetop with 2 burners, Small saucepan with lid, Mixing bowl and spoon, 12-in/30-cm heavy skillet with a flat cooking base at least 10 in/25 cm across, Clean counter or board, Rolling pin or clean fingertips, Spatula, Sieve, Small serving bowl, Clean plate to cover resting dough

Allergens

Wheat, Milk, Lentils; check spice and yogurt labels. Check labels and substitutions.

Make it

1. Put lentils, 350 ml water, cumin and garlic in the saucepan. Bring to a boil, then cover loosely and simmer 18–25 minutes, stirring near the end, until lentils are very soft. Add from the measured 60 ml allowance if they dry before softening.

2. Meanwhile, mix 120 g flour, baking powder and 1 g salt in the bowl. Fold in yogurt and bring together with a few gentle folds. Cover with a clean plate and rest 10 minutes. Use the reserved 10 g flour to shape 4 equal rounds about 5 in/12 cm wide and 1/4 in/5 mm thick.

3. Heat the dry skillet over medium heat. If its flat cooking base is at least 10 in/25 cm across, cook 2 flatbreads at a time, without overlap, for 2–3 minutes per side, lowering heat if they scorch, before cooking the second pair. With a smaller pan, cook one at a time and allow an additional 8–12 minutes. They should have browned spots and set centers with no wet dough; split one to check and return any undercooked bread to the pan.

4. Mash cooked lentils with the spoon and stir in olive oil, lemon and remaining 1 g salt. If very loose, simmer uncovered briefly while stirring; the dip should mound softly. Serve half the dip with 2 flatbreads per person.

A beginner skill to practice

Practice dividing a dough by weight before rolling. Equal pieces help the pan timing mean the same thing for each bread.

A useful detail

The 60-minute total allows gentle first-time shaping, 10 minutes dough resting, a full lentil simmer and 2 pan batches in the stated larger skillet. Cooking one bread at a time adds 8–12 minutes. The dough does not contain yeast. The stated flour includes the shaping dust rather than an extra uncounted handful.

Keep it well

Refrigerate cooled bread and shallow dip separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days. Reheat dip to 165°F/74°C, stirring with a spoonful of water if needed. Bread can be eaten cold or reheated thoroughly; do not keep mixed dough at room temperature for another day.