White Bean Flatbreads with Carrot and Onion Relish

8 small bean flatbreads; 2 per serving with one quarter of the relish · Active 35 min · Total 1 hr 20 min

Skills: Easy

Ingredients

• 1 can white beans (15 oz/425 g), drained and rinsed to give 240 g

• 1/2 cup plain yogurt (120 g)

• 2 cups all-purpose flour (240 g), including 20 g for rolling

• 1 teaspoon baking powder (4 g)

• 1/2 teaspoon fine salt (3 g), divided

• 0–2 tablespoons water (0–30 ml), for dough as needed

• 1 tablespoon neutral oil (15 ml)

• 2 medium carrots, cut into fine matchsticks or coarsely grated (240 g prepared)

• 1 large onion, thinly sliced (200 g)

• 1/4 cup water (60 ml), for relish

• 1 tablespoon cider vinegar (15 ml)

• 1/4 teaspoon ground black pepper (0.5 g)

Set out

Mixing bowls, Fork or potato masher, Skillet for relish, Dry heavy griddle or second skillet, Rolling pin

Allergens

Wheat, Milk. Check labels and substitutions.

Make it

1. Mash drained beans thoroughly, then stir in yogurt. Mix in 220 g flour, baking powder and half the salt to make a soft dough, adding up to 2 tablespoons water only if dry. Knead briefly, cover and rest for 15 minutes.

2. Meanwhile, heat oil in the relish skillet over medium heat. Add carrot and onion and cook for 5 minutes. Add 1/4 cup/60 ml water, cover and cook for 8–10 minutes until tender. Uncover, stir in vinegar, remaining salt and pepper, and cook for 2 minutes until moist but not watery.

3. Divide dough into eight pieces. Use reserved flour to roll each into a round about 5 inches/13 cm across and 1/4 inch/6 mm thick.

4. Heat a dry griddle over medium heat. Cook breads in batches for 2–3 minutes per side until browned in patches and cooked through with no raw floury center. Hold under a clean towel. Serve two breads per person with one quarter of the relish.

A use for beans beyond a bowl

Putting the drained beans into dough changes the texture and the way the meal is served. Weigh them after draining, and keep the rolling flour separate so the dough does not quietly take up an extra handful every time it sticks to the counter.

Timing

The total allows eight breads to cook one at a time in an ordinary skillet. A large griddle that holds two without crowding shortens that stage; do not increase the heat to rush a thick bread.

A useful detail

Keep the breads about the stated thickness. A thick mound can brown on both faces while remaining doughy in the middle.

Keep it well

Refrigerate cooled breads and relish separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat breads and relish to 165°F/74°C. Freeze breads with paper between them for up to 2 months and thaw in the refrigerator.