



Khorasan Parathas (Flat Bread)

Ingredients:

2 ½ cups ground Fieldstone Organics Khorasan flour

½ cup plain yogurt

1 tsp instant yeast

½ cup warm water

2 tbsp butter

1 beaten egg

1 tsp baking powder

1 tsp sea salt

Procedure:

Mix together all ingredients. Knead thoroughly with finger tips. Cover and let rise for one hour in a warm place until the dough doubles in size. Punch dough down, turn onto floured surface and knead until smooth. Divide into portions just larger than a golf ball. Roll each ball into a thin even round circle. Fry in a hot frying pan with minimal to no oil, until brown spots appear on both sides.

Enjoy with lentil hummus.

