

Multigrain Sprouted Wheat Flatbread

Bump up flavor, aroma, and color with Sprouted Wheat Flour Toasted

Ingredients	Volume	Grams	Percent	Bakers	
				Percent	Percent
Yeast	2 tsp	7	1	3	
Sugar	1 tsp	6	1	2	
Warm Water (100F)	2/3 cup	154	24	56	
Warm Milk (100F)	1/2 cup	108	17	39	
Olive Oil	1 tbsp	14	2	5	
Bread Flour (divided)	2-1/4 cup	275	43	100	
Briess® Sprouted Wheat Flour Toasted Light	1/4 cup	40	6	15	
Salt	1 tsp	6	1	2	
Briess® 3-Grain Flake Blend	1/4 cup	25	4	9	

Method

1. Mix yeast, sugar, water, milk, olive oil, salt, 3/4 cup (105g) bread flour, and 3-grain flake blend.
2. In large stand mixing bowl, mix with paddle blade until well combined.
3. Switch to dough hook and gradually add remaining flour until soft dough.
4. Knead for 4 - 5 minutes.
5. Form dough into ball and place in lightly greased bowl and cover.
6. Let dough rise until double in size approximately one hour.
7. Divide dough into 8 balls, cover and rest 15 minutes.
8. Roll each ball about 1/8-inch-thick (7 - 8 inches in diameter).
9. Cover and let rest 10 minutes.
10. Heat griddle to medium heat (350° F).
11. Cook flatbread 2 - 3 minutes per side until puffy and golden spotty brown
12. Use for wraps, sandwiches or cut in wedges and use with dips.
13. Flatbreads can be cooked, cooled and frozen.



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