



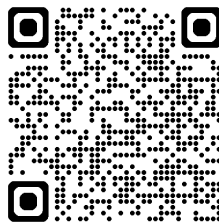
# Culinary Institute of America

## **WHEAT FOODS COUNCIL** **A MODERN TAKE ON FLATBREADS** **APRIL 28-30, 2025**



Culinary Institute of America at Copia, Napa, CA

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**CIA Consulting**  
The Culinary Institute of America

Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit [www.ciagiving.org](http://www.ciagiving.org).

## EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
  - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
    - Wash hands before beginning work in the kitchen.
    - Keep all perishable items refrigerated until needed.
    - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
    - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
  - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

## CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
  - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
  - Can be re-buttoned on the opposite side to cover spills
  - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
  - Hounds-tooth helps camouflage stains
  - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
  - Shoes
    - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
    - Prevent slips and falls in the kitchen
    - Offer support
    - Protect feet from falling pots
  - Socks
    - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
  - Helps to absorb sweat
- ☑ Toque (provided in class)
  - Contains hair
  - Absorbs sweat
- ☑ Apron (provided in class)
  - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
  - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
  - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
  - Should be neatly maintained, clean, and under control at all times

# A BRIEF HISTORY OF FLATBREAD

Flatbreads are the world's oldest breads. People have been making them for well more than six thousand years. And over that time, the tradition of making flatbreads has not been confined to one or two regions of the world but has developed simultaneously almost everywhere there is a perennial supply of grain, from Mesopotamia and Persia to southern India and Armenia, from antique Rome and preconquest Mexico to modern-day China and Italy.

Flatbreads can be made from every grain imaginable: wheat, rye, corn, oats, millet, sorghum, teff, rice, buckwheat. They can also be made from tubers, such as potatoes, and from legumes, such as chickpeas and lentils. They can be unleavened or leavened. They can be made so thin that they become transparent, like a very thin crepe, or they can be two inches thick and sliceable. Flatbreads are oven-baked, grilled, fried, skillet-baked, steamed, or even, as in southern Algeria and Tunisia, baked beneath the hot desert sand.



Though it is almost impossible to trace the exact origins of different flatbreads, we know that certain ones, such as Armenian lavash, and Bedouin fatir, are made today in much the same way they have been for several thousand years; they have, as Samuel Johnson said of Shakespeare, "pleased many and pleased long." Flatbreads are simple and straightforward to prepare and to eat, they are nourishing, and they make efficient use of locally available food resources. Armenian lavash is a good example. This bread, also known as *khubz mahkoun* in the mountains of Lebanon, as *nane silli* to the Kurds, and as

*roomali roti* in India, is paper thin and dries out soon after it is made. Traditionally, a large amount is made at one time so that it can be stored in dried form. When fresh bread is needed, it is simply sprinkled with water and wrapped in a towel; this makes it moist and supple almost immediately. The practice of drying bread for later use is also found with bread rings in Central Anatolia and with Finnish rye rings, which hang from the rafters through the winter until needed. In places where winter is long and a supply of grain must last through the cold months, it is an ideal solution.

In many parts of the world, having sufficient fuel for cooking has been an ever-present problem. Flatbreads, unlike loaf breads, tend to cook very quickly, requiring only a limited amount of fuel to provide heat. Millions of people across northern India make chapattis once or twice a day. Across North Africa, where fuel is also sometimes very scarce, ovens have been designed to maximize the heat of a small fire. Beehive-shaped ovens made from mud and straw allow the heat to transfer rapidly from the sides and the breads to cook quickly. But more than any other one reason, most flatbread traditions have been kept alive because they represent a good-tasting and healthy way of turning hard grain into edible food. In Central Asia, a fresh hot whole wheat naan baked on the walls of a tandoor oven fueled by smoky juniper probably tasted and smelled just about as wonderful two thousand years ago as it does today. (We can't imagine how it could taste any better!)

The main distinction between different flatbreads is between unleavened breads and leavened, whether they are yeasted, sourdough, or soda-risen breads. Unleavened breads are always fairly thin. Risen flatbreads are more difficult to categorize, as there are so many different kinds. A yeasted bread may be paper thin, as in the case of lavash, but some might even be considered loaf breads, as they rise almost two inches high. Naans, a broad category of flatbreads from Central Asia, are usually rounds or ovals

about an inch thick, risen with a sourdough or with commercial yeast. A number of leavened flatbreads, such as pizza and the Georgian cheese breads, have toppings or are filled. Most yeasted flatbreads are traditionally eaten as an essential part of a meal, much the way we eat bread with soup or the way bread is served as part of a meal in France.

As for that question of time: We like to think of flatbreads as one of the world's great fast foods. When you read through a recipe and it says, "Allow the dough to rise two to three hours, or even overnight," this may seem anything but fast. But think about how little time you spend actually working to make the bread: a total of only thirty minutes to one hour mixing, kneading, cleaning up, rolling out, and baking, depending upon the type of flatbread you are making.

When you become comfortable making bread, working with a big dough is as easy as working with a small one, so for many bakers the size of their average dough gradually gets larger and larger. Bread freezes and reheats extraordinarily well. If you are cooking for a family, or you don't have much time to be in the kitchen but still want homemade bread, think about working with large doughs and using your freezer effectively. If you have made a large dough and baked only part of it, wrap the remainder in a large plastic bag and put it in the refrigerator. For breakfast the next morning, cut off only as much dough as you will need, then roll out a few flatbreads and bake them in a hot oven or on your stove top in a dry cast-iron skillet.



Source: *Flatbreads and Flavors* by Jeffrey Alford and Naomi Duguid



# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## TEAM 1:

½ X Focaccia  
2 X Egyptian Fenugreek Cornbread  
10 X Dukka (Hazelnut Spice Mix)  
2 X Tzatziki (Cucumber Yogurt Dip)

## TEAM 2:

1 X Lavash  
2 X Khubs m'Tabga (Tunisian Oasis Bread)  
10 X Hawaïj (Bedouin Spice Mix)  
2 X Baba Ghanoush (Eggplant Dip)

## TEAM 3:

2 X Za'atar Bread  
1 X Naan  
10 X Za'atar Spice Mix  
2 X Hummus (Chickpea Dip)

## TEAM 4:

1 X Pita  
2 X Paratha  
2 X Chunky Eggplant Dip  
Bessara (Moroccan Bean Dip)

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## TEAM 1:

Innovation Product # 1

Innovation product # 2

## TEAM 2:

Innovation Product # 1

Innovation product # 2

## TEAM 3:

Innovation Product # 1

Innovation Product # 2

## TEAM 4:

Innovation Product # 1

Innovation Product # 2

# FOCACCIA

*Yield: 12 lb. 12 oz.*

Ingredients	Amounts
Starter	2 lb. 4 oz.
Water	2 oz.
Yeast	2 oz.
Flour, all-purpose	6 lb.
Water	3 lb. 14 oz.
Salt, kosher	2 ¼ oz.
Oil, olive	2 oz.
Oil, olive	as needed
<b>Total</b>	<b>12 lb. 12 ¼ oz.</b>

## Method

1. Mix the starter, 2 oz. water, and yeast. Allow it to rest for 20 minutes.
2. Add the flour and remaining water. Mix for 4 minutes.
3. Add the salt and 2 oz. oil. Mix for 2 minutes.
4. Allow it to ferment for 1 ½ to 2 hours.
5. Scale 1-pound pieces. Shape into 9-in. rounds. Proof.
6. Brush with olive oil. Add the toppings.
7. Bake at 425°F - 450°F with steam for 18 to 20 minutes.

## EGYPTIAN FENUGREEK CORNBREAD

*Yield: 8 round, 6-inch diameter flatbreads*

Ingredients	Amounts
Fenugreek seed	½ tsp.
Yeast, dry	1 tsp.
Sugar, brown, light	2 Tbsp.
Water, lukewarm	1 ½ cups
Flour, hard, white, unbleached	2-3 cups
Salt, kosher	1 tsp.
Cornmeal	1 ½ cups
Flour, all-purpose	as needed.
Oil, canola	as needed

### Method:

1. You will need a heavy skillet, a mortar and pestle or spice grinder, a medium-sized bread bowl, several large (12- by 18-inch) baking sheets, and a rolling pin.
2. In a heavy skillet, dry-roast the fenugreek seeds over medium-high heat until they begin to bounce around and to brown slightly, about 2 to 3 minutes; do not burn. Grind them to a powder in a mortar or spice grinder and set aside.
3. In a medium-sized bowl, sprinkle the yeast and sugar over the warm water, and stir to dissolve. Stir in 1 ½ cups of white flour, and then stir 100 times in the same direction, about 1 minute, to develop the gluten.
4. Sprinkle the salt and ground fenugreek over the dough and stir to mix well. Gradually stir in the cornmeal. Then stir in more unbleached flour until your dough will not accommodate any more flour. Turn it out onto a lightly floured surface. Knead for 5 to 6 minutes, adding additional flour only as needed. Rinse out the bread bowl, lightly oil it, and put the dough back into the bowl. Cover with plastic wrap and let rise until doubled in volume, approximately 1-½ hours.
5. Punch down the dough and let it rest for 5 minutes. Lightly oil several large baking sheets.
6. On a lightly floured surface, cut the dough into 8 equal pieces. Flatten each piece between floured palms. With a rolling pin, roll out each bread to a round approximately 6 inches in diameter. As you finish rolling out each bread, place it on a baking sheet. Cover the bread with plastic wrap and let rest for 20 minutes.
7. Position a rack in the center of your oven and preheat the oven to 400°F.
8. Bake the breads one sheet at a time, for 12 to 15 minutes, or until lightly browned on both top and bottom. Remove and cool on racks. Serve warm or at room temperature.

# LAVASH

*Yield: 3 lb. 1 oz.*

Ingredients	Amounts
Water	8 oz.
Milk, whole	8 oz.
Yeast	½ oz.
Flour, durum	6 oz.
Flour, bread	14 oz.
Flour, cake	5 oz.
Flour, whole wheat	5 oz.
Salt, kosher	¾ oz.
Molasses	1 oz.
Honey	1 oz.
<b>Total</b>	<b>3 lb. 1 oz.</b>

## Method

1. Dough: Mix 10 Min. on low speed  
(bulk proof time: 90 Min. Punch down, rest 15 Min.)
2. Shaping: Roll 1/3 of the dough at one time on the sheeter to ½ mm mark. (Keep extra dough in fridge). Put onto an oiled sheet pan.
3. Finishing: Brush with olive oil, put on seeds (sesame, poppy, pistachio etc.)  
Cover with parchment and roll seeds in with rolling pin. Rest 15 Min.  
Cut into random pieces.
4. Baking: Bake at 400°F in a convection oven, approximately 7- 10 Min.
5. Cooling: Wrap well after cooling.

**Note:** Seeds such as sesame, poppy, pistachios, etc. can be rolled into the dough with a rolling pin in step 3 if desired.

## KHUBS M'TABGA (TUNISIAN OASIS BREAD)

*Yield: 8 thin, 9-inch flatbreads*

Ingredients	Amounts
Flour, all-purpose	4 cups
Salt, kosher	2 tsp.
Water, warm	2 cups
Oil, canola	as needed
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 Tbsp.
Scallion (Green onion), white and tender green parts, finely chopped	½ cup
Pepper, bell, green, cored, seeded, finely chopped	1 ea.
Tomato, plum, canned, drained, coarsely chopped	1 ½ cups
Caraway, ground	1 pinch
Cumin, ground	1/8 tsp.
Coriander, ground	1 pinch
Chili pepper flakes, dried	½ tsp.
Salt, kosher	½ tsp.
Parsley, flat-leaf, loosely packed	½ cup
Flour, all-purpose	as needed.

### Method

1. In a medium bowl, combine the flour and salt. Make a well in the center and slowly stir in the water until a dough forms. Turn out onto a lightly floured surface and knead for 10 minutes. Clean out the bowl, lightly oil, place the dough back in the bowl, and cover with plastic wrap. Set aside.
2. For the filling, heat the olive oil in a medium skillet. Add the garlic and cook over medium-high heat, stirring occasionally, until it starts to brown.
3. Add the scallions and green pepper and cook, stirring, for 2 minutes, or until slightly softened.
4. Add the tomatoes and bring it to a simmer. Reduce the heat to medium and simmer, stirring occasionally, until the sauce thickens, about 15 minutes.
5. Add the caraway, cumin, coriander, chili flakes, and salt. Simmer for 1 minute. Stir in the parsley, and transfer to a bowl. Allow it to cool.
6. Working on a lightly floured surface, divide the dough into 8 pieces. Work with one piece at a time, keeping the others covered with plastic wrap.

7. Heat a large, 10-inch diameter cast-iron skillet over medium heat.
8. Divide one piece of dough in half and flatten each with lightly floured palms. Then roll out each piece to a circle approximately 6 inches in diameter. Place 1 heaping tablespoon of the filling on the center of one dough circle. Place the other circle on top and, with moistened fingers, pinch the edges together to seal well. Flatten gently, then stretch the bread out thinner by picking it up and stretching the edges, working all around the bread again to keep it round. Then hold the bread by two opposite edges and pull your hands gently apart to stretch the bread further to a 9-inch diameter round.
9. Place in the hot skillet and cook for 1 minute, then turn over and bake for 2 to 2-½ minutes, until lightly speckled with brown on the bottom. Then turn over again and bake for 1 minute longer, or until lightly browned. Remove from the skillet, fold in half, and wrap it in a cotton cloth to keep warm and supple. Repeat with the remaining breads. As you become more accustomed to the process, you will be able to roll out and shape a new bread while the previous bread is cooking. Serve warm.

# ZA'ATAR BREAD

*Yield: 16 thin, 8-inch diameter breads*

Ingredients	Amounts
Yeast, dried	2 tsp.
Water, warm	2 ½ cups
Flour, hard, unbleached, white	5 – 6 cups
Salt, kosher	2 tsp.
Oil, olive, pure	1/2 - 1/3 cup
Za'atar seasoning	1/2 cup

## Method

1. You will need a medium-sized bread bowl, a rolling pin, two small bowls, and two cast-iron or other heavy skillets or griddles at least 10 inches in diameter.
2. For the dough, mix the dried yeast, warm water, flour, and salt just until together. Allow it to rest for 10 minutes.
3. Mix the dough until it is smooth and elastic, 7 to 8 minutes. Rest for about 1 hour.
4. Divide the dough into 16 even pieces and roll them out into paper thin circles about 8-9 in.
5. Once the breads are rolled out, brush each one with 1 teaspoon olive oil and sprinkle with 1 generous teaspoon za'atar seasoning.
6. To bake the breads, preheat the broiler and the skillets.
7. Place the breads on the skillet for about 2 minutes then put under the broiler for about 1 minute. You could bake them directly on the hearth of a deck oven at 475°F - 500°F
8. Wrap in a towel to keep soft. Serve warm or at room temperature.

**Note:** Unbleached all-purpose flour can be substituted for the hard unbleached white flour. While the exact combination varies across the Middle East, the za'atar seasoning mix commonly contains dried oregano, thyme, marjoram, sumac, and toasted sesame seeds. There are many different versions of za'atar bread. Most coming from Israel and Egypt are chewy, pita-style breads. Sometimes the topping, especially in Lebanese-style za'atar breads, is made of a blended thick paste of za'atar and olive oil. This version has za'atar lightly sprinkled on it and is a less common version of the bread—paper thin and soft. It is ideal as a light snack or party food.



## BASIC PITA

*Yield: 24 small or 12 large pitas*

### Ingredients

### Amounts

Water	2 cups
Yeast	1 oz.
Sugar, granulated	½ tsp.
Salt, kosher	2 tsp.
Flour, all-purpose	5 ½ cups

### Method

1. Mix all the ingredients for 6-8 minutes.
2. Let the dough rest for 15-30 minutes.
3. Roll on the sheeter to #2.
4. Cut circles with a 6-inch cake ring.
5. Proof on canvas for 30 minutes.
6. Bake at 550°F in a deck oven or 500°F in a convection oven on hot sheet pans.
7. Hold in a covered container to keep soft.

**Note:** Contrary to the standard method of allowing bread dough to rise before shaping, these loaves are first shaped and rolled, then allowed to rise before baking. This simplified version, which cuts preparation time by about 1½ to 2 hours, lets the yeast do its best work in the oven, thus assuring a better pocket. The result: a superior pita with a delightfully chewy, yet tender texture and a puff in every loaf.

# WHOLE-WHEAT HONEY PITA

*Yield: 24 small or 12 large pitas*

## Ingredients

## Amounts

Flour, whole wheat	2 cups
Flour, all-purpose, unbleached	3 ½ cups
Water, warm (90°-110°F)	2 cups
Yeast, active dry	1/2 oz.
Honey	1 Tbsp.
Salt, kosher	2 tsp.

## Method: Straight Dough Mixing

1. Mix all the ingredients for 6 to 8 minutes.
2. Let the dough rest for 15 to 30 minutes.
3. Roll on the sheeter to #2.
4. Cut circles with a 6-inch cake ring.
5. Proof on canvas for 30 minutes.
6. Place on hot sheet pans and bake at 550°F in a deck oven or 500°F in a convection oven.
7. Hold in a covered container to keep the pita soft.

**Note:** This recipe contains a mixture of whole-wheat and all-purpose flour to create a nutty-flavored pita. Whole-wheat flour is made from the ground kernels of whole wheat and contains all the bran and the wheat germ, as well as the starchy endosperm. The high gluten content of the all-purpose flour in combination with the whole-wheat flour helps to increase the dough's elasticity. This enables it to retain the bubbles of gas from the yeast, allowing it to rise or "grow" to its fullest and form a large pocket. Because wheat germ contains oil, whole-wheat flour will go rancid; if you don't use it very often, store it in the freezer.

## KATMER WITH PISTACHIOS (TURKISH DESSERT FLATBREAD)

*Yield: 10 portions*

Ingredients	Amounts
Flour, all-purpose	8 oz.
Water	as needed
Mahlep, ground	1 oz.
Butter, unsalted	1 cup
Pistachios	1 lb.
Sugar, granulated	8 oz.
Salt, kosher	½ oz.
Cream, clotted (Kaymak)	2 cups
Cinnamon, ground	1 oz.
Sugar, powdered	2 oz.

### Method

1. Make a soft dough by mixing the flour, water, and mahlep. Let it stand for 15 minutes.
2. Make ten balls. Make each a thin yufka with a roller pin. Spread the butter, pistachio and granulated sugar mixture on each yufka after which each is made into an envelope.
3. Bake in an oven or in a pan or griddle.
4. Serve hot with cream, cinnamon, and powdered sugar.

Source: Musa Dagdeviren, as presented at the 2003 Worlds of Flavor International Conference.

## SARDINIAN PARCHMENT BREAD

*Yield:*

### Ingredients

### Amounts

Semolina	4 1/2 oz.
Flour, all-purpose	5 oz.
Water, cold	6 oz.
Salt, kosher	3/4 tsp.

### Method

1. Straight dough mixing method.
2. Rest the dough for 30 minutes after mixing.
3. Scale into 2-ounce rounds.
4. Roll out the dough as thinly as possible.
5. Bake at 500°F directly on the hearth until golden brown and crisp.

## POIS-CHICHE (ALGERIAN CHICKPEA BREAD)

*Yield: 14 loaves*

Ingredients	Amounts	
Unbleached white flour	12	oz.
Water	12	oz.
Yeast	½	tsp.
Sponge	1	lb. 8 oz.
Unbleached white flour	5	lb.
Multigrain mix	1	lb.
Dark rye flour	1	lb.
Semolina	2	lb. 5 oz.
Whole wheat flour	1	lb.
Water	5	lb. 7 oz.
Malt	4	oz.
Yeast	3	oz.
Salt	3	oz.
Chickpeas	3	lb.
Parmesan cheese	9	oz.
Cumin	1.5	oz.
Cayenne	1	Pinch
Flour, all-purpose	as	needed.
Total Weight	22	lb. 1 oz.

### Method:

1. For the sponge, in a medium bowl, combine the unbleached white flour, water, and yeast. Stir until blended. Cover and let it rest for 24 hours at 75°F.
2. For the dough, in a stand mixer, combine the sponge, unbleached white flour, multigrain mix, dark rye flour, semolina, whole wheat flour, water, malt, and yeast. Mix on slow speed for 4 minutes.
3. Add the salt. Mix on medium speed for 6 minutes.
4. Add the chickpeas, cheese, cumin, and cayenne. Mix on medium speed for 5 minutes.
5. Let the dough rise for 1 ½ hours or until doubled. Punch down.
6. Divide the dough into 1 ½-pound pieces. Form it into rounds. Cover with damp cloth and allow it to rest for 20 minutes.
7. Shape the dough into Kaiser rolls, with a dome in the middle. Proof upside down in flour for about 30 minutes. Sprinkle with seeds. Bake at 460°F with steam for 30 minutes.

# NAAN

*Yield: 20 portions*

Ingredients	Amounts
Flour, all-purpose	6 lb.
Salt, kosher	2 Tbsp.
Sugar, granulated	2 Tbsp.
Egg, whole	2 ea.
Milk, whole	1 cup
Yogurt, plain	1 cup
Butter, unsalted, melted	½ cup
Yeast	1 Tbsp.
Water	3 lb.
 Oil, canola	 as needed
Butter, unsalted	as needed

## Method

1. In a bowl, combine the flour, salt, sugar, egg, milk, yogurt, butter, and yeast. Mix to combine.
2. Add the water and knead thoroughly until a smooth dough is achieved. Keep warm and allow it to rest for several hours.
3. Divide the dough into equal parts. Shape them into balls the size of a tennis ball.
4. Brush a little oil on top of each dough ball. Cover them with a piece of cloth and allow them to rest for at least 15 minutes.
5. Flatten each dough ball like a pancake by tossing and slapping it with both hands.
6. Put the flattened bread on the tandoor pad and stick it on the wall of tandoor. Bake until the naan turns a little brown. Remove the naan with the tandoori tools.
7. Garnish with butter and serve.

# AFGHANI NAAN

*Yield: 12 loaves*

Ingredients	Amounts
Water, warm (75°F)	4 lb. oz.
Yeast	3 oz.
Flour, whole wheat	1 lb. 11 oz.
Salt, kosher	2 oz.
Flour, bread	2 lb. 4 oz.
Nigella (Black onion seeds)	as needed
Cornmeal	as needed
<b>Total</b>	<b>8 lb. 4 oz.</b>

## Method

1. For the sponge, in a large bowl, combine the water, yeast, and whole wheat flour. Knead for 5 minutes. Allow it to rest for 1 1/2 hours.
2. For the dough, add the salt and bread flour to the sponge. Knead for 12 to 15 minutes. Bulk proof until it doubles in size, about 1 1/2 hours.
3. Divide the dough into twelve, 10-ounce pieces.
4. Shape the dough into 6-inch by 8-inch ovals. Bench proof the dough for 20 minutes.
5. Dip your fingers into cold water and make wet indentations all over the surface of the dough. Stretch it to about 16-inches by 18-inches.
6. Sprinkle the nigella over the top.
7. Place the bread on a loader with cornmeal. Bake at 450°F with a little steam for 4 to 6 minutes.

# INDIAN CHAPATIS

*Yield: 20 portions*

Ingredients	Amounts
Flour, whole meal, fine (Divided)	3 cups
Salt, kosher	1 tsp.
Ghee (Optional)	1 Tbsp.
Oil, canola (Optional)	1 Tbsp.
Water, lukewarm	1 cup

## Method

1. Put the flour in a mixing bowl, reserving about 1/2 cup for rolling chapatis. Mix salt through the flour in the bowl, then rub in ghee or oil, if used. Add water all at once and mix to a firm but not stiff dough.
2. Knead the dough for at least 10 minutes (the more it is kneaded, the lighter the bread will be). Form the dough into a ball, cover with clear plastic wrap and stand for 1 hour or longer. (If left overnight the chapatis will be very light and tender.)
3. Shape the dough into balls about the size of a large walnut. Roll out each one on a lightly floured board (using reserved flour) to a circular shape as thin as a French crepe.
4. Heat a griddle plate or heavy based frying pan until very hot. Cook the chapatis, starting with those that were rolled first (the resting between rolling and cooking seems to make for lighter chapatis). Put chapati on the griddle and leave for about 1 minute. Turn and cook the other side for 1 minute, pressing lightly around the edges of the chapati with a folded tea towel or an egg slice. This encourages bubbles to form and makes the chapatis light. As each one is cooked, wrap in a clean tea towel until all are ready.
5. Serve immediately with butter, dry curries or vegetable dishes.

**Note:** Roti flour can be substituted for the whole meal flour. Vegetable oil can be substituted for ghee. In India, chapatis are cooked on a *tawa* griddle and are held for a moment or two right over the fire. This makes them puff up like balloons. You can accomplish this over a gas flame, holding them with kitchen tongs.



# PARATHA

*Yield: 12 Parathas*

Ingredients	Amounts
Flour, whole wheat, fine	1 ½ cups
Flour, roti	1 ½ cup
Salt, kosher	1 ½ tsp.
Ghee	6 Tbsp.
Water	1 cup
Ghee	as needed
Flour, all-purpose	as needed

## Method

1. Sieve the flours and salt into a mixing bowl and rub in 1 tablespoon of the ghee. Add the water, mix and knead dough as for chapatis. Cover dough with clear plastic and set aside for 1 hour.
2. Divide the dough into 12 - 14 equal portions and roll each into a smooth ball.
3. Melt the ghee over low heat and cool slightly. Roll each ball of dough on a lightly floured board into a very thin circular shape. Pour 2 teaspoons of the melted ghee into the center of each and spread lightly with the hand.
4. With a knife, make a cut from the center of each circle to the outer edge. Starting at the cut edge, roll the dough closely into a cone shape. Pick it up, press the apex of the cone and the base towards each other and flatten slightly. You will now have a small, roughly circular lump of dough again.
5. Lightly flour the board again and roll out the dough very gently, taking care not to press too hard and let the air out of the edges. The parathas should be as round as possible, but not as thinly rolled as the first time.
6. Cook on a hot griddle liberally greased with extra ghee, turning parathas and spreading with more ghee, until they are golden brown.
7. Serve hot with grilled kebabs, sambals and podina chatni.

**Note:** All-purpose flour can be substituted for the roti flour. Probably the favorite variety of Indian bread, parathas are rich, flaky and deliciously flavored with ghee. Kebabs and parathas is a combination which is quite famous.

# ALOO KE PARATHE (PARATHAS STUFFED WITH POTATO, CHILES, AND CILANTRO)

*Yield: 12 parathas*

Ingredients	Amounts
Potato, russet	1½ lb.
Flour, chappati	2 cups
Salt, kosher	to taste
Water	1-1¼ cups
Salt, kosher	1 tsp.
Onion, red, very finely chopped	¼ cup
Chile, green, hot, very finely chopped	1 ea.
Cilantro, fresh, very finely chopped	1½ Tbsp.
Chile, cayenne, ground	½ tsp.
Garam Masala (See recipe index)	½ tsp.
Carom seeds ( <i>Ajawain</i> ), (Optional)	½ tsp.
Mango, powder ( <i>Amchur</i> ), (Optional)	½ tsp.
Lime, juice, fresh	1 Tbsp.
Flour, all-purpose	as needed
Oil, canola	as needed
Butter, unsalted	as needed

## Method

1. Boil the potatoes in their skins until tender. Allow them to cool.
2. Mix the flour and salt in a large bowl. Add ½ cup of water to the flour mixture and mix with one hand to combine. Add another ¼ cup water and mix again. Continue adding water, a little at a time, until the dough forms a ball. The dough should take a cup of water.
3. Now knead the dough vigorously on a clean, unfloured work surface until the dough is moist, soft, and slightly sticky, but doesn't cling to clean hands or the work surface, about 5 minutes. If the dough is dry, dip your fingers into some water and knead the water into the dough. Put the dough in a clean bowl, cover with a clean, damp kitchen towel pressed directly onto the surface, and let it rest at least 10 minutes or up to 30 minutes.
4. Meanwhile, peel the potatoes and mash them roughly in your hands in a bowl. Add 1 teaspoon salt, the onion, chile, cilantro, spices, and lime juice and mix well to form a fairly smooth mixture (there will be small lumps in it).
5. When the dough has rested, set out a bowl of all-purpose flour on your work surface, along with a small bowl of oil with a spoon. Lightly flour your work surface.
6. Break off a piece of dough about the size of a golf ball. Toss it first in the bowl of flour and then roll between the palms of your hands to make a ball. Set the ball on your work surface

and flatten into a 2-inch disk. Now roll the disk, flouring the work surface and the dough rounds as needed, into a thin round 5 to 6 inches in diameter.

7. Mound about ¼ cup of the potato mixture into the center of the dough round. Bring the edges of the dough round up over the top of the filling and press them together to make a pouch. Press down on the “neck” of the pouch with the palm of one hand to make a slightly round disk.
8. Turn the disk in the bowl of flour and roll it out again into a round 5-inch diameter disk. Pat it between your hands to brush off the excess flour. Put the paratha on a plate and cover with a sheet of plastic wrap.
9. Continue in this same way to roll the remainder of the dough into parathas and stack them on the plate with sheets of plastic wrap between them.
10. Heat a griddle or a frying pan, preferably cast iron, over medium-high heat. Place the paratha on the ungreased heated griddle or in the pan and cook until the dough darkens slightly, and you see bubbles begin to form underneath the surface of the dough, 30 seconds to one minute. Now flip the paratha with a spatula and cook until bubbles form again.
11. With the back of the spoon, coat the top of the paratha with oil. Flip and coat the other side with oil. Now continue cooking, pressing gently on the bread with the back of the spoon and moving the spoon around in a circular motion to press the bread onto the pan for even browning. When the bottom of the bread has browned, flip and repeat. Do this a few times until both sides of the parathas are golden brown and very crisp, 2 to 3 minutes total.
12. Remove the paratha from the pan and spread with butter. Serve immediately and continue to cook all the parathas.

**Note:** Instead of chappati flour, you may substitute 1 cup each whole wheat flour and all-purpose unbleached flour.

**Variations:**

**Parathas with Cauliflower, Chiles and Carom Seeds:** Make the dough as above. Replace the filling: Grate 1 medium head cauliflower (2 to 2 ¼ pounds) on the fine holes of a grater, holding the head of cauliflower by the stem end and grating everything but the stem, into a large bowl. Add ¼ cup finely minced onion, 1 finely chopped green chili (with seeds), 1 ½ tablespoons finely chopped cilantro, ½ teaspoon cayenne, ½ teaspoon garam masala (see index), 1 teaspoon carom seeds (optional), and ½ teaspoon dried mango powder (optional). Mix well.

Then continue as in the recipe above, but in Step 6, set the floured disk on the work surface and sprinkle generously with salt before rolling to a thin round. (By salting the bread rather than the filling keeps the cauliflower from weeping and making the bread soggy.)

**Parathas with Daikon, Chilies and Carom Seeds:** Make the dough as above. For the filling, replace the cauliflower in the variation above with 1 peeled, grated daikon radish. Roll and cook the parathas as in the recipe above, sprinkling the bread with salt in Step 6, as in the cauliflower variation above.

## BESAN KA POORA (INDIAN SPICED CHICKPEA PANCAKES)

*Yield: 8 portions*

Ingredients	Amounts
Flour, chickpea (Besan)	2 lb.
Salt, kosher	1 Tbsp.
Coriander seeds, roasted and cracked	½ Tbsp.
Fenugreek	2 Tbsp.
Chile, green, minced	1 Tbsp.
Cumin, powder	½ tsp.
Coriander, fresh, chopped	as needed
Onion, red, minced	1 cup
Water	as needed
Oil, canola	as needed

### Method

1. Mix the chickpea flour, salt, coriander seeds, fenugreek, green chile, ground cumin, fresh coriander, and red onion in a bowl.
2. Add the water and mix into a smooth spreadable, pancake-like batter.
3. Heat and brush a fry pan with a little oil.
4. Put 1 cup full of batter in the center and evenly spread it by tilting the fry pan.
5. Put a spoonful of oil all around it and turn over the bread with a spatula
6. Cook the other side also in the same manner.

# SPICE BLENDS, DIPS, & SPREADS



## ZA'ATAR (THYME AND SESAME BLEND)

*Yield: ¼ cup*

Ingredients	Amounts
Sesame seeds	2 Tbsp.
Thyme, leaves, dried	2 Tbsp.
Salt, kosher	½ tsp.
Sumac, ground	1 tsp.

### Method:

1. Place a small skillet over medium-high heat. Add the sesame seeds and toast, stirring constantly, until they start to change color and give off a slight roasted grain aroma. Remove from the heat, still stirring. Transfer to a bowl and reserve.
2. In a mortar and pestle, pound the thyme leaves to a coarse powder. Add the sesame seeds and salt and grind to a powder.
3. Add the sumac. Mix to combine.
4. Store in a tightly sealed spice jar or other glass container.

**Note:** 3 Tablespoons of fresh thyme can be substituted for the dried thyme. A spice grinder can be used instead of a mortar and pestle.

Za'atar is the Arabic word for thyme and, somewhat confusingly, is also the name of this dukka, or herb blend, from the Eastern Mediterranean. Serve as a condiment or as part of a mezze course, place several small bowls on the table so guests have it within easy reach. You can also, as with other dukkas, put out small bowls of good olive oil: First dip your bread in the oil, then tough it to the za'atar before each mouthful. Za'atar is also used as a topping for bread.

# GARAM MASALA

*Yield: ¾ cup*

Ingredients	Amounts
Cinnamon, stick, broken into pieces	1 ea.
Bay leaf	2 ea.
Cumin seeds	¼ cup
Coriander seeds	⅓ cup
Cardamom seeds, green	1 Tbsp.
Peppercorns, black	1 Tbsp.
Clove, whole	1 ea.
Mace, ground	⅛ tsp.

## Method

1. In a frying pan, combine the cinnamon, bay leaves, cumin, coriander, cardamom, peppercorns, and cloves. Toast over medium heat, stirring occasionally, until the cumin turns uniformly brown, 4 to 5 minutes.
2. Transfer to a spice grinder and grind to a powder.
3. Stir in the mace.
4. Store in an airtight container for up to 3 to 4 months.

**Notes:** This is the most important spice mixture used in northern Indian cuisine. It goes particularly well with onion-based sauces for meats and poultry, but it is used to flavor many other dishes, including vegetables, chaats (snacks), dals (legumes), and raitas. Sometimes the spices are used whole and simply cooked into the dish, or the spices are toasted and then ground together into a blend and the mixture is stirred in at the end of cooking. Although, garam masala is not as fiery hot as some Indian spice blends, black pepper, cloves, and cinnamon give it a different kind of heat that comes on slowing and lasts awhile.

## DUKKA (HAZELNUT SPICE BLEND)

*Yield: ½ cup*

### Ingredients

### Amounts

Peppercorns, black	½ tsp.
Thyme, leaves, dried	¼ cup
Salt, kosher, coarse	1 tsp.
Hazelnuts, finely chopped	16 ea.

### Method

1. Using a mortar and pestle, pound the peppercorns to a powder. Add the thyme and salt and pound to blend the flavors. Add the chopped nuts and pound until well blended.
2. Turn out into a small serving bowl. Serve as a dip with fresh bread and extra virgin olive oil, if desired.
3. Store in a well-sealed glass container in the refrigerator for several weeks.

**Note:** A spice grinder can be used instead of a mortar and pestle. Grind the peppercorns in the spice grinder and turn out into a bowl. Grind the nuts into the bowl. Add the thyme and salt. Mash it against the side of the bowl with a spoon to crush the thyme and blend the flavors.

Dukka are mixtures of finely chopped herbs, nuts and/or spices traditionally eaten with bread: The bread is dipped in olive oil and then into the dukka mixture. This recipe makes a peppery aromatic blend that is delicious simply sprinkled on bread - it sticks very well without the oil. You may also want to place a small dish of olive oil on the table so your guests can try it both ways. As long as the hazelnuts are finely chopped and not reduced to a paste (which would release the volatile oils), the mixture can be made ahead and stored in an airtight container for several weeks.



## HAWAII (BEDOUIN SPICE BLEND)

*Yield: ¼ cup*

Ingredients	Amounts
Peppercorns, black, ground	2 Tbsp.
Caraway seed	1 Tbsp.
Cardamom seed	½ tsp.
Saffron, threads	1 tsp.
Turmeric, ground	1 tsp.

### Method

1. In a dry skillet, place the peppercorns, caraway seeds, and cardamom seeds. Roast over high heat, stirring constantly, for 2 to 3 minutes.
2. Transfer to a mortar and pestle. Pound them into a powder.
3. Add the saffron threads and pound.
4. Transfer to a small bowl. Add the turmeric. Mix well.
5. Transfer to a well-sealed glass jar for storage. This keeps indefinitely, though with some loss of flavor after several months.

**Note:** A spice grinder can be substituted for the mortar and pestle.

## BABA GHANOUSH (EGGPLANT DIP)

*Yield: 32 fl. oz.*

Ingredient	Amount
Eggplant, sliced lengthwise	4 lb.
Oil, canola	as needed
Tahini	6 oz.
Garlic, clove, crushed	3 ea.
Lemon, juice, fresh	6 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, fresh, chopped (Optional)	1 ½ oz.

### Method

1. Preheat oven to 450°F.
2. Place the eggplants cut side down on a lightly oiled sheet pan. Roast in the preheated oven until the skin is charred and the interior is fully cooked, 45 to 60 minutes. Set it aside until it is cool enough to handle.
3. Scrape the eggplant pulp from the skin into a food processor. Add the tahini, garlic, lemon juice, salt, and pepper. Blend until the mixture is smooth and homogeneous.
4. If the mixture is too thick, add 2 tablespoons of water and blend until smooth. The consistency should be lightly spreadable, but not too loose.
5. Add the parsley, if desired, and pulse to incorporate.
6. Adjust the seasoning with salt and pepper to taste.

## TZATZIKI (CUCUMBER YOGURT DIP)

*Yield: 10 fl. oz.*

Ingredients	Amounts
Yogurt, plain	4 fl. oz.
Sour cream	4 fl. oz.
Cucumber, peeled, seeded, sm. diced	2 ½ oz.
Garlic, minced	1 tsp.
Oil, olive, extra virgin	1 Tbsp.
Mint, fresh, minced	1 Tbsp.
Lemon, juice, fresh	1 tsp.
Lemon, zest, grated	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

### Method

1. In a food processor, place the yogurt, sour cream, diced cucumber, and garlic. Purée until smooth. Transfer to a medium bowl.
2. Fold in the olive oil, mint, lemon juice, and lemon zest. Stir until combined.
3. Season with salt and pepper to taste. Refrigerate until needed for service.

## CHUNKY EGGPLANT DIP

*Yield: 10 portions*

Ingredients	Amounts
Eggplant, about 1 lb./ 455 g	2 ea.
Onion, red, halved, finely chopped	1 ea.
Tomato, large, cored, halved, finely chopped	1 ea.
Chile, jalapeño, seeded, ribbed, finely chopped	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Yogurt, Greek, plain	2 cups
Cilantro/fresh coriander leaves, finely chopped	½ cup
Lemon, juice of	½ ea.
Aleppo pepper	¼ tsp.
Sumac	1/8 tsp.
Salt	1 tsp.
Ground black pepper	½ tsp.
4 pita breads, warmed in the oven or over a burner and sliced into quarters	4 ea.

### Method

1. Place 1 whole eggplant on a burner and set the flame to medium-high. Char the eggplant using tongs to turn it often (I turn it every 2 minutes or so), until the skin is completely black and papery and the eggplant is deflated, about 10 minutes total. Transfer it to a plate and cover with plastic wrap. Set aside until the eggplant is cool enough to handle.
2. Halve the eggplant, scoop out the pulp, roughly chop it, and place it in a large bowl. Repeat with the second eggplant.
3. Add the onion, tomato, jalapeño, and olive oil to the eggplant and gently stir to combine.
4. In a medium bowl, whisk together the yogurt, cilantro/fresh coriander, lemon juice, Aleppo pepper, sumac, salt, and pepper. Pour the mixture over the eggplant and toss to combine.
5. Serve immediately with pita bread, or cover with plastic wrap and refrigerate for up to two days before serving.

**Note:** The eggplant can be roasted in the oven instead of on the stovetop (you won't get the incredible smoky flavor, though). Preheat the oven to 500°F. Prick the eggplant a few times with a fork and then place it on a rimmed baking sheet. Roast it until it is blackened and deflated, about 20 minutes. Remove from the oven and set it aside until it's cool enough to handle, then proceed with the recipe.

## BESSARA (MOROCCAN BEAN DIP)

*Yield: 2 ½ cups*

Ingredients	Amounts
Beans, kidney, red, dried, soaked overnight	1 cup
Water, cold	3 cups
Garlic, clove, peeled	3 ea.
Salt, kosher	¼ tsp.
Chile pepper flakes, dried	½ tsp.
Cumin, ground	½ tsp.
Parsley, flat-leaf, fresh, chopped	½ cup
Lemon, juice, fresh	¼ cup
Oil, olive, extra virgin (Optional)	as needed
Chile, cayenne (Optional)	½ tsp.

### Method

1. In a large saucepan, place the beans. Add the cold water and garlic. Bring to a vigorous boil, lower the heat, and simmer, partially covered, until the beans are tender, about 1 hour.
2. Transfer the beans and cooking liquid to a food processor. Purée until it is the consistency of a thick soup. Stir in a little warm water, if necessary. Transfer to a serving bowl.
3. Stir in the salt, chile flakes, cumin, parsley, and lemon juice. Let it stand for 30 minutes to allow the flavors to blend. If desired, sprinkle with a little olive oil and cayenne.
4. Serve with bread for dipping.

**Note:** The red kidney beans can be substituted for dried fava beans or small red beans.

*Source: Flatbreads and Flavors by Jeffery Alford, Naomi Duguid*

## AKEEL (YEMENI YOGURT AND POMEGRANATE DIP)

*Yield: 2 ½ cups*

Ingredients	Amounts
Pomegranate, ripe	1 ea.
Yogurt, plain, chilled	2 cups
Scallion (Green onion), white and green tender parts, finely chopped	2 ea.
Coriander, fresh, chopped	¼ cup
Mint, sprig, fresh (Optional)	2 ea.

### Method

1. Cut the pomegranate in half across the equator. Gently lift out the seeds, section by section, discarding any discolored parts. Be careful not to bruise or break the seeds or they will bleed their juices into the yogurt. Transfer the seeds to a small bowl.
2. In a small, glass serving bowl, place the yogurt. Stir in the scallions, coriander, and all but a handful of the reserved pomegranate seeds.
3. Garnish with the mint sprigs and the remaining pomegranate seeds.
4. Serve slightly chilled.

**Note:** Serve as a refreshing snack on its own or as a dip or sauce for bread, grilled meats, or steamed vegetables.

Source: *Flatbreads and Flavors* by Jeffery Alford, Naomi Duguid

# HUMMUS (CHICKPEA DIP)

*Yield: 32 fl. oz.*

Ingredients	Amounts
Chickpeas, dried, soaked overnight	12 oz.
Lemon, juice, fresh	5 fl. oz.
Garlic, clove, crushed with salt	3 ea.
Oil, olive, extra virgin	3 fl. oz.
Tahini	4 ½ oz.
Salt, kosher	as needed
Paprika	as needed
Parsley, fresh, chopped	1 oz.

## Method

1. In a medium pot, boil the chickpeas in water until tender, 1 to 2 hours. Drain the chickpeas, reserving the cooking liquid.
2. In a food processor, place the chickpeas with 4 fl. oz. of the reserved cooking liquid. Blend until they become a smooth paste.
3. Add the lemon juice, garlic, olive oil, tahini, and salt. Process until well incorporated. Adjust the consistency with more cooking liquid, if necessary.
4. Adjust the seasoning to taste.
5. Garnish with the paprika and parsley.
6. The hummus is ready to serve now or may be refrigerated for later use.

## DIBIS W'RASHI (IRAQI TAHINI AND DATE SYRUP DIP)

*Yield: ½ cup*

### Ingredients

### Amounts

Date Syrup (Recipe follows)	½ cup
Tahini	1 ½ cup
Lemon, juice, fresh (Optional)	1 Tbsp.

### Method

1. In a small bowl, combine the date syrup, tahini, and lemon juice. Blend to combine.
2. Serve as an accompaniment to bread.

*Source: Flatbreads and Flavors by Jeffery Alford, Naomi Duguid*



## DATE SYRUP

*Yield: ½ cup*

### Ingredients

### Amounts

Date, pitted, washed

1 lb.

Water, boiling

1 ½ cup

### Method

1. In a large saucepan, place the dates and the boiling water. Stir well. Soak, covered, for 1 hour.
2. Place the saucepan over medium heat. Bring the water to a boil. Lower the heat and simmer for 15 minutes. Remove the saucepan from the heat and allow it to cool.
3. Working in batches, spoon the cooked dates into a large sieve or fine-mesh strainer placed over a large bowl. Gently mash the date mixture against the mesh with a wooden spoon until most of the syrup has drained into the bowl.
4. Use the date syrup as a dip or a sweetener. The syrup can be stored in sterilized mason jars in the refrigerator for up to 2 months.

Source: *Flatbreads and Flavors* by Jeffery Alford, Naomi Duguid

## TAMARIND CHUTNEY

*Yield: 6 portions*

Ingredients	Amounts
Tamarind	10 oz.
Water	1 ½ cups
Red chile powder	¾ oz.
Sugar, granulated	10 oz.
Pepper, black, ground	1 Tbsp.
Cardamom, black, ground	1 Tbsp.
Ginger, powder	2 Tbsp.
Mace, ground	¼ tsp.
Cloves, ground	¼ tsp.
Nutmeg, ground	¼ tsp.
Cumin, ground	2 Tbsp.
Oil, vegetable	1 tsp.
Asafoetida	¼ tsp.
Salt	to taste

### Method

1. Soak the tamarind in water for 1 hour. Drain.
2. In a small pot, add the water and red chili powder, and bring it to a boil. Cook until the tamarind is well cooked and mushy.
3. Transfer the contents of the pot to a blender and puree.
4. Place the pureed tamarind, sugar, pepper, cardamom, ginger, mace, cloves, nutmeg, and cumin in a mixing bowl.
5. Place the asafoetida and oil in a small sauté pan. Sauté for 1 minute. Add the contents of the pan to the mixing bowl and mix well.

# MINT CHUTNEY

*Yield: 6 portions*

Ingredients	Amounts
Oil, vegetable	2 tsp.
Chile, red, dried	3 ea.
Urad dal (black lentils), cooked	1 cup
Mustard seeds, black	2 tsp.
Mint, washed, chopped coarse	2 cups
Tamarind pulp	2 tsp.
Salt, kosher	to taste
Sugar, granulated	2 tsp.
Asafetida	1 tsp.

## Method

1. In a pan, heat the oil over medium heat. Add the chiles and urad dal. Fry for a minute. Remove and reserve.
2. In the same pan, add the mint and fry until it changes color. It will shrink to half the original quantity. Remove and cool completely.
3. Once cool, combine the urad dal mixture with the fried mint, tamarind, salt, sugar, and asafetida. Grind to a fine paste.

## GREEN CHUTNEY

*Yield: 1 ½ cups*

Ingredients	Amounts
Cilantro, firmly packed, chopped	1 cup
Mint leaves, firmly packed, chopped	1 cup
Green Mango, peeled, pitted, roughly chopped	1 ea.
Fresh green chiles, hot, stemmed	2-3 ea.
Fresh ginger, 2" piece, peeled and cut in chunks	1 ea.
Red onion, quartered	½ ea.
Peanuts, roasted and salted	½ cup
Lemon, juice of	1 ea.
Sugar	1 Tbsp.
Salt	1 tsp.
Water	¼ cup, plus more as needed

### Method

1. Combine all ingredients in a blender and process it to a purée. This will not blend easily; the blending process will need to be stopped and started, and the ingredients will need to be stirred often to get the mixture to catch. A bit more water may be added to facilitate the process, but the flavor of the chutney will be milder.
2. Taste for seasoning, transfer to a covered plastic container, and refrigerate for up to 5 days.

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**From:** Office of the Registrar  
**Re:** Privacy of Student Records

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