WHOLE GRAIN FLATBREAD
from Mark Bittman, The New York Times

INGREDIENTS

½ cup whole wheat flour
½ cup cornmeal (or you can use
all whole wheat or all cornmeal,
or chickpea flour (also called
besan; sold in Middle Eastern,
Indian, and most health food
stores)
1 teaspoon salt
1 ½ cups water
4 tablespoons olive oil (see the
headnote)

optional garnishes:
½ large onion, thinly sliced
1 tablespoon fresh rosemary
leaves

The resting time for the batter is optional, but it results in a more complex
flavor and a creamier, less gritty texture. If you’re in a hurry, though, just
let the batter sit while the oven heats. It’s still delicious. And though a
round pizza pan with a lip is ideal, a 10- or 12-inch skillet also works well;
the bread in the smaller pan will need less oil, will be a slightly bit thicker,
and will take another 5 or 10 minutes to bake.

METHOD

Put the flour and cornmeal into a bowl; add salt; then slowly
add 1 1/2 cups water, whisking to eliminate lumps. Cover with a
towel, and let sit while oven heats, or as long as 12 hours. The
batter should be about the consistency of thin pancake batter.

When ready to bake, heat the oven to 450°F.

Put the oil in a 12-inch rimmed pizza pan or skillet (along with
the onion and rosemary if you’re using them) and put in the
heated oven. Wait a couple of minutes for the oil to get hot, but
not smoking; the oil is ready when you just start to smell it.

Carefully remove the pan (give the onions a stir); then pour in
the batter, and return the skillet to the oven. Bake 30 to 40
minutes, or until the flatbread is well browned, firm, and crisp
around the edges. (It will release easily from the pan when it’s
done.) Let it rest for a few minutes before cutting it into wedges
or squares.