

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

METHOD

Put the flour and cornmeal into a bowl; add salt; then slowly add 1 ½ 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.