FEAST OF THE HOLY FAMILY · SUNDAY AFTER CHRISTMAS

Nazareth flatbread for the Holy Family

Prep 25 min **Cook** 20 min **Rise** 1 hr **Total** 1 hr 45 min **Makes** 8 flatbreads **Level** Easy

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. The skillet gets very hot. A grown-up cooks and flips the bread, while children help mix, knead, and roll. Pit and chop dates or figs for young children.

ALLERGY INFORMATION

Contains wheat (gluten). The honey for serving is not for babies under 12 months, even on bread. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- 2½ cups (315 g) all-purpose flour, plus more for rolling (or use half whole wheat flour)
- 1 tsp (3 g) instant yeast
- 1 tsp sugar
- 1 tsp salt
- ¾ cup plus 2 tbsp (210 ml) warm water
- 2 tbsp olive oil, plus a little for the bowl

To serve

- Olive oil for dipping, honey, and dates or figs

METHOD

1. Mix the flour, yeast, sugar, and salt in a large bowl. Add the warm water and olive oil and stir to a shaggy dough.
2. Knead on a lightly floured surface for 5 to 8 minutes, until smooth and soft. Put the dough in an oiled bowl, cover, and let rise for about 1 hour, until doubled.
3. Divide the dough into 8 balls. Cover and let them rest for 10 minutes so they are easier to roll.
4. Roll each ball into a round about 7 inches (18 cm) across and ¼ inch (6 mm) thick.
5. Heat a heavy dry skillet, such as cast iron, over medium-high heat. Cook one flatbread at a time for 1 to 2 minutes, until bubbles puff up and the bottom has brown spots, then flip and cook about 1 minute more.
6. Wrap the cooked flatbreads in a clean towel to keep them soft. Serve warm with olive oil, honey, and dates or figs.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Stir the dough with a wooden spoon
- Knead and push the dough
- Roll out the rounds (they don’t need to be perfect circles)
- Set the table with olive oil, honey, and fruit, like a supper in Nazareth

GOOD TO KNOW

- Leftover flatbreads keep in a bag for 2 days. Warm them in a dry skillet for a few seconds.
- For a savory side, brush the warm bread with olive oil and sprinkle it with a pinch of salt or dried herbs.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Jesus, Mary, and Joseph, bless our family and our home.