

FANCY FARM FLATBREAD

LIVELY LOCAL WINNER - MIDDLE SCHOOL

TEAM: THE COUGARS

CROSSETT BROOK MIDDLE SCHOOL

ingredients

Ingredients for Flatbread:

1 ¼ cup white flour

1 ¼ cup whole wheat flour

(a little extra flour for kneading dough if needed)

2 teaspoon baking powder

1 teaspoon salt

1 cup milk

4 tablespoons olive oil for dough

4 tablespoons butter for cooking dough in skillet

Ingredients for Sauce:

4 tablespoons olive oil

5 cloves garlic, pressed

1 cup fresh basil, chopped

¼ teaspoon each of dried oregano, ground

black pepper, and salt

2-3 tablespoons flour

1 ½ cups half and half

ingredients

Toppings:

1 Tablespoon of butter

1 cup kale, chopped

1 large yellow onion, at least 1 cup chopped

1 cup cherry tomatoes, chopped

1 cup soft goat cheese

1 cup shredded mozzarella

1/4 cup fresh basil, chopped

preparation instructions

Make Dough

Mix flours, baking powder, and salt together in a bowl. Stir in milk and olive oil till soft dough forms. Turn dough onto a floured surface and knead 10 times. Shape dough into a ball; cover with an inverted bowl and let sit for 10 minutes. After 10 minutes, roll dough out and cut 10 inch circles (smaller sizes for judge samples). Heat skillet on medium-high and add small dab of butter. Cook dough circles in skillet till golden brown, approximately 3 minutes. Flip and cook other side for 1 minute, do not let it get golden. Transfer to cookie sheet for prep of sauce and toppings.

Make Sauce

Meantime, while dough is being made, heat a skillet on medium high with olive oil. Add the garlic and heat for about 3 minutes. Add the flour, oregano, pepper, and salt. Whisk well. Add half and half all at once, whisking constantly. Cook and stir until bubbly and until thickened (usually about 3-5 minutes). Drop in all the chopped basil and let it wilt quickly in sauce.

Prepare toppings

Over high heat, melt butter in skillet. Add onions, kale, and tomatoes and saute for 5 minutes. take off heat and let rest until ready to assemble flatbreads.

preparation instructions

Assemble flatbreads

On the golden brown side of the prepared flatbreads, spread 2 tablespoons of creamy garlic basil sauce. Sprinkle 2-3 tablespoons of prepared vegetable toppings on sauce, make sure you get a little of all 3 veggies. Then add 2-5 (depending on size of flatbread) small dollops of goat cheese on top of veggies, and sprinkle 2 tablespoons of mozzarella cheese on top. Put flatbread (undercooked dough side) back in skillet with lid to finish cooking dough and melt cheese. Approximately 3 minutes.

Take flatbread off heat, sprinkle chopped fresh basil on top and slice to serving size.

local ingredients

Whole wheat flour from Morningstar Farm, Glover

Whole milk from Strafford Organic Creamery, Strafford

Butter from Vermont Creamery, Websterville

Fresh basil from Green Mountain Harvest, Waitsfield

Half and Half from Strafford Organic Creamery, Strafford

Yellow onion from Pete's Greens, Craftsbury

Cherry tomatoes from Long Wind Farm, East Thetford

Soft goat cheese from Vermont Creamery, Websterville

Mozzarella from Cabot Creamery, Cabot