Sardinian Flatbread (pane carasau)

Makes 4 flatbreads | Active Time: 30 minutes | Total Time: 1 hour 10 minutes

Chef's Notes

1⁄4 ounce (7 g) is the weight of a typical yeast packet.

If using an electric mixer, mix and knead with a dough hook for a total of 5 minutes.

After you've practiced this recipe to get a feel for the dough, challenge yourself to make the traditional version of pane carasau. After rolling the dough thinly, bake it until it inflates into a balloon shape, then remove the bread from the oven and immediately cut along its circumference into two thin sides. Then, bake the individual thin pieces again to achieve their characteristic crispness and color.

Making the Bread

In a large mixing bowl, combine flours, water, yeast, and a pinch of salt; mix thoroughly to form a soft but firm dough.

Divide the dough into quarters; cover and let rest for an hour.

Preheat oven to 375°F (190°C).

Using a rolling pin and lightly floured surface, roll each quarter of dough into paper-thin rounds.

Bake on a lightly oiled baking pan for 2 minutes.

Flip and bake for another 2-3 minutes, or until bread is crispy and brown.

To serve, brush or drizzle lightly with olive oil and sprinkle with coarse sea salt.

Step 1: Making the Bread

- 1 3/4 cups all-purpose flour (280 g)
- 1 1⁄2 cups semolina flour (250 g)
- 1 1⁄2 cups warm water (340 g)
- 1⁄4 ounce (7 g) active dry yeast
- Pinch of salt (1 g)
- Extra-virgin olive oil and coarse sea salt, for serving