

CMBA Picnic Fare - August 2013 - Chef Levi Briggs

Honey Flat Bread with Summer Toppings

Dough

3 cups whole wheat flour

1 1/2 cups water

1 tablespoon extra virgin olive oil, cold pressed

1 oz honey

Toppings

Honey

Crispy Bacon

Tomatoes

Baby Rocket

Crème Fraiche or mascarpone cheese

Directions:

1) Preheat half of the grill can also use oven (350)

2) Mix ingredients together in a large bowl (I use a wooden spoon for this, although you could also use the bread hook on a mixer, or even a bread machine).

3) The dough should form a ball -- not too dry, but not too sticky either. If you have mixed for a long time, and there is still a lot of flour in the bowl, add a tiny bit more water; If the dough is too wet, add more flour.

4) Cover the ball of dough with a thin dusting of flour, so you can remove it from the bowl.

5) Using floured hands, spread the dough onto a greased cookie sheet -- The dough should be thin enough cover the entire sheet (make sure that the cookie sheet is greased so that the dough doesn't stick when you're trying to spread it). (Can also use a rolling pin)

- 6) Brush with oil and grill till begins to become crispy. Move to cooler side of grill if more cook time is needed
- 7) mix desired amount of honey with cream fraiche, and spread on dough,
- 8) Add desired toppings

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