



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Swiss Cheese Almond Flatbread

Prep Time: 40 mins

Cook Time: 25 mins

Rest Time: 1 h 20 mins

Total Time: 1 h 5 mins

Ingredients

- ◆ 3 1/2 cup(s) flour, all-purpose
- ◆ 1 package(s) active dry yeast
- ◆ 1 teaspoon salt
- ◆ 1 1/4 cup(s) water, warm
- ◆ 2 tablespoon oil, olive
- ◆ 2/3 cup(s) cheese, Swiss, finely shredded
- ◆ 1/3 cup(s) nuts, almonds, sliced
- ◆ 1/2 teaspoon pepper, cracked black
- ◆ 1/2 teaspoon salt, sea, coarse



Recipe Tip:

Let rise 80 minutes.

Preparation

- 1) In a large bowl, stir together 1 1/4 cups of the flour, the yeast, and salt. Add the warm water and 1 tablespoon of the olive oil. Beat with an electric mixer on low to medium speed for 30 seconds, scraping side of bowl. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.
- 2) Turn out dough onto a lightly floured surface. Knead in enough of the remaining flour to make a stiff dough that is smooth and elastic (8 to 10 minutes total). Shape dough into a ball. Place in a lightly greased bowl; turn once to grease surface of dough. Cover; let rise in a warm place until double in size (about 1 hour).
- 3) Punch down dough. Turn out onto a lightly floured surface. Divide in half. Lightly oil 2 baking sheets. Shape each half of the dough into a ball. Place on prepared baking sheets. Cover and let rest for 10 minutes. Flatten each ball into a circle about 9 inches in diameter. Using your fingers, press 1/2-inch-deep indentations about 2 inches apart into the surface. Brush with the remaining 1 tablespoon olive oil. Sprinkle with cheese, almonds, pepper, and coarse salt. Cover; let rise in a warm place until nearly double in size (about 20 minutes).
- 4) Preheat oven to 375° F. Bake flatbread for 25 to 30 minutes or until golden brown. Remove from baking sheets; cool on wire racks.