

Trim Healthy
W I S D O M

Fermented Flatbread (E)

(S – I gave you my Peasant Bread but if you are not interested in the habit of actual sourdough bread making, the following recipe gives you healthy, fermented sourdough flatbread rounds without any fuss. We call them “Flatties” around here... they make delightful wrappings for all your wisdom foods. You can smear them with my Super Quark Dips or load on some cottage cheese or stuff with meat proteins and veg, or do whatever the heck your mind comes up with for these. They work with sweet flavors, too.

My Peasant Bread is easier to make than most other sourdough breads, but Flatties are even easier! You could think of them as sourdough bread for dim wits or lazy bones. If that sounds awful, it is not meant to be demeaning at all. Many a genius and a hard-working person don't want to use any of their precious brain power or energy to make bread. They have plenty of brain bandwidth, but not for something outside of their brain space or regularly packed schedule. My big sis Pearl is in this group. She's one of the smartest people I know... (don't tell her I said that, as she'll get a big head), but when it comes to baking sourdough bread, her brain somehow turns to mush. So, you bet I've been pushing her to this easy flatbread as her sourdough entrance drug, and I'll keep on nagging her about making her own Peasant Bread, too, because the girl keeps eating mine!

If you already read through my Peasant Bread recipe, you may have seen Pearl's note about making these out of Cracked Rye Starter versus the spelt I use here. She is worried people won't want to convert... she's worried about too much work. Bah – I say. Don't listen to her. Converting is easy. But if you do want to make these out of leftover Cracked Rye Starter... you can. Just know that they have a completely different texture. Pearl loves them but I think they are inferior... more gummy and less springy than the real spelt thing.

For this recipe, you'll be taking Sleeping Sue – which is a sleeper starter I teach how to make in the FAQ area of the Peasant Bread recipe, and you'll convert her to a spelt starter. Forget all Pearl's concerns about this. You'll enjoy the converting process. I sure do. The sourer your starter is, the more beautiful holes you will get forming in your flatbread as it cooks, which makes it like the wonderful fermented Ethiopian flatbread called injera. You can also fake this a bit by adding a pinch of baking soda to your batch. The only thing is that will take a wee bit of the sour flavor away, which I love. You might want a milder sour taste, however, and enjoy the addition of a little pinch of baking soda.

Note – The following ingredient amounts are given in a “per cup of starter” amount to give you an idea of the basic foundation. I never just make this small 1-cup amount given. Flatties are so delicious that everyone in my family smells their heavenly scent while I’m cooking and comes to nick ‘em off the griddle before I even get one. They also store well in the fridge (I mostly love to heat them up again when I’m ready to eat the stored ones). So, I’m betting you’ll likely want to make more than the small amount given below. You’ll have a lot of starter made (close to 8 cups), so you can make a lot at one time. Or you can make some fresh every day since the starter will be fully ready to go each time you take it out of the fridge. There’s no activating needed as we don’t need a rise for flatbread. For every cup of starter, you will add the ingredients afterward in a related amount. That means if using 3 cups, you’ll use $\frac{3}{4}$ cup egg whites, etc., rather than the $\frac{1}{4}$ cup given. Check out how to easily convert Sleeping Sue to a Spelt Starter at the bottom of this recipe.)

Makes Multiple Servings

INGREDIENTS:

- 1 cup spelt sourdough starter
- $\frac{1}{4}$ cup liquid egg whites
- 2 generous pinches [TH Mineral Salt](#)
- tiny pinch baking soda (optional)

INSTRUCTIONS:

1. Set a large, healthy-style, non-stick griddle to medium heat and spray it lightly with coconut or olive oil.
2. Pour a thin circle of the flatbread batter onto the skillet. This is a pretty liquid type of batter, but you want it nice and thin, so you can help spread it out more with the back of a large spoon. Wait for it to get a few holes in the center and cook nicely on one side. Flip and cook on the other side to perfection.



How to Convert a Sleeper Starter to a Spelt Starter:

For this recipe, you just need to take *Sleeping Sue* out of the fridge (you get introduced to her in the *Peasant Bread* FAQ course) and convert her to a spelt starter by feeding her spelt flour. Remember from the *Peasant Bread* FAQ area that *Sleeping Sue* is the foundation of any other kind of bread flour starter you want to make. She's a cinch! If you don't already have a "*Sleeping Sue*," then you can easily get one by ordering a true sourdough starter online here and following the instructions in the *Peasant Bread* FAQ Course section.

Once you are ready to make *Fermented Flatbread*, just take *Sleeping Sue* out of the refrigerator and remove all but 1 rounded tsp of her from her jar. As outlined in the *Peasant Bread* recipe – after doing that... feed her again (always the ½ cup fine rye flour and the ⅓ cup water), let her eat her meal for 4 hours on your counter, then screw her lid on very loosely (like ¼ way screwed on) and put her back to sleep in the fridge.

Note:

The first and second ingredient feedings for the spelt starter below are minimums. They're so you don't end up with too much starter. But if you have a large family and don't mind having a lot of starter, you can do a first feeding of 1½ cups each of water and flour and a second with 3 cups of each. That will make a larger, more robust, and bubbly starter.

Spelt Starter Ingredients:

- *Sleeping Sue* minus 1 rounded tsp

First Feeding Ingredients:

- 1 cup regularly milled whole grain spelt flour
- 1 cup room temp water

Second Feeding Ingredients:

- 2 cups regularly milled whole grain spelt flour
- 2 cups room temp water

INSTRUCTIONS:

1. Place all but the rounded tsp of *Sleeping Sue* in a large, sterilized mixing bowl or crock that has a lid (check *Peasant Bread* recipe on how to sterilize).
2. Add the first feeding amount of flour and water, stir, cover then let ferment for 12 hours.
3. Add the second feeding amount of flour and water, stir, cover then let ferment for 12 hours.

Different Methods for Batches of Flatties:

You now have an active spelt starter and a good amount to make a large batch of *Fermented Flatbread* for a family meal or two or as smaller batches for the next several days. Once your spelt starter is all used up, you can take a break from this flatbread if you want. (Remember, you can always make a lot at one time and freeze, so the frozen ones should last you a while.) Then, when you run out of frozen and get in the mood for more Flatties, you can make your spelt starter again from scratch from *Sleeping Sue* in the future. Alternatively, perhaps you'll go through a season where this will be the bread of choice for you and your family. You don't want to run out at all and want to keep the option of daily flatties going (they're so easy that your kids can learn to make them). During these seasons, I keep my spelt starter out and never even put it in the fridge. After using it throughout the day to make fresh little batches of Flatties for meals or snacks (you can even make a single serve using $\frac{1}{4}$ - $\frac{1}{3}$ cup starter, 1 $\frac{1}{2}$ Tbs. egg whites, and a tiny pinch of salt), I make sure to keep around a cup at the bottom of the bowl. I feed this every night. However much spelt flour and water I think will be good for the next day's amount before I go to bed. It is ready to go the next morning again.

These "flatty only" seasons happen during really busy times for me when I can't get to actual *Peasant Bread* baking. My teenage and grown kids love it, though. My teen daughters make them whenever they desire a meal by scooping out some starter, adding their other ingredients, and making them fresh and hot. When my married son Arden comes over to visit, he spies the starter on my counter and goes straight for it. He puts some into a bowl and knows how much of the other ingredients he'll add to each cup of the starter. He'll quickly make up a bunch of Flatties for him and his family on the griddle, then take them home to enjoy as a wrap for steak tips or chicken and veggies, etc. Depending upon how much starter you want to keep around, just feed it however much you want before bed. That can be anywhere from a single cup to 3 or 4 cups each of water and spelt flour. The starter is already active, so you don't need to give it multiple feedings to make it active.