

Romagnola italian flatbread *(Pizza & friends)*



Preparation

Combine all the ingredients (except the sparkling water) in a bowl. Mix well until the dough firms up. Now add the water and continue to knead until the dough is smooth. Remove the dough from the bowl and knead vigorously for 10 minutes until the surface is very smooth to the touch. Let it stand for 15 minutes, then work it again into the shape of a salami. Divide the dough into 12 balls of equal weight. Leave the balls to rest, covered with a clean cloth, for 30 min. Now roll out the flatbread: you can do this to a lesser degree and leave it about 1cm thick in traditional Emilia Romagna style, or make them thinner and wider. Now it's time to cook them: Italian flatbreads, according to tradition, should be cooked on a large clay hotplate supported on a cooker or stove. There are now metal hotplates readily available, which also very suitable for cooking flatbreads. Cook the flatbread for about 5 minutes per side if you want to eat it right away (be careful that the flame is not set too high); if you want to prepare them in advance and then keep them in the freezer, cook them until just done, let them cool and then freeze them. This allows you to finish off the cooking when the flatbreads are defrosted, simply by warming them in a frying pan. These flatbreads are great with meat or mature cheeses!

Tips

To cook a flatbread perfectly, you should get a special pan made of cast iron which will ensure the correct transmission of heat.

Trivia

The Italian term "piadina" comes from the local dialect 'pié' or 'pijda', which in turn derives from 'platys', whose original meaning was "flat."

Information

Preparation 120 minutes

Total Time 10 minutes

Serves X Serves 6 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Milk 400 millilitres

Eggs 1 unit

Plain flour 1000 grams

Lard 130 grams

Salt 20 grams

Baking powder (40g of baking powder)

Sparkling water 50 millilitres ((Or less, depending on how the dough comes out))