

Walla Walla School Garden Lesson

Title: 5th Grade Wheat Harvest – Making Garlic Flat Bread

Description: Students will participate in the milling process (if possible) and turn their wheat flour into flat bread.

Date: After wheat harvest in _____ (month)

Time Required: 45 minutes – 1 hour

Materials:

- wheat from harvest
- hand grain mill if possible
- buckets and fans for separating wheat from chaff (or whatever you need for this process)
- store bought flour (if milling is not possible or if extra flour is needed)
- Ingredients (to make 6 full size flat breads which can be cut and shared, or multiple batches can be made)
 - 8 ounces all-purpose flour (about 1 3/4 cup)
 - 3/4 tsp salt
 - 1/4 tsp baking powder
 - 1/4 cup vegetable shortening
 - 3 cloves, very finely minced or crushed garlic (from school garden if possible!)
 - 1/2 cup hot water
- flour sifter
- mixing bowls and utensils
- knives and cutting boards for chopping garlic (if it will be harvested or bought fresh)
- pastry cutter
- flour for kneading
- rolling pin
- dry cast iron or non-stick pan
- stove or portable burner
- parent volunteers

Preparation: Students can harvest the wheat, cut off the heads, separate the wheat from the chaff, and participate in the milling process if possible. Once you have flour, or if you had to buy flour, follow the steps in the recipe below to create garlic flat bread. The garlic will need to be minced as well.

Class Discussion: Walk the students through the steps they will take to create the garlic flat bread.

Action:

1. Sift the flour, salt, and baking powder to a mixing bowl. Add the shortening and garlic, and work into the flour with a pastry cutter until the mixture resembles coarse crumbs.

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2. Pour in the hot water and stir with a fork to combine. Pour mixture on a lightly floured surface and knead with your hands for about 3 minutes to form smooth, soft dough (add more flour as you knead if the dough is too sticky). Place back in the bowl, cover with a towel and let rest 20 minutes.
3. Divide the dough into 6 balls, and roll between your palms to make as smooth as possible. With a rolling pin, roll out each ball of dough into a thin circle about 1/8-inch thick.
4. Preheat a dry cast iron or non-stick pan over medium-high heat. Place the flatbread in the hot pan and cook for one minute, or until small air bubbles appear. Flip over and cook for another minute, and then finish by flipping over one last time for another minute. During the third minute the bread may puff up (which is normal and desired), and small charred spots will form on the surface.
5. Remove to cool slightly. Once all are finished, the flatbread is ready to eat. May be kept in a warm oven if you want to serve them all at once.