

Flat Breads

Asian chicken flat bread (P. F. Chang's Chicken Lettuce Wraps)

Ingredients

- 3tablespoons oil
- 2boneless skinless chicken breasts
- 1cup water chestnut
- 2/3cup mushroom
- 3tablespoons chopped onions
- 1teaspoon minced garlic

Special Sauce

- 1/4cup sugar
- 1/2cup water
- 2tablespoons soy sauce
- 2tablespoons rice wine vinegar
- 2tablespoons ketchup
- 1tablespoon lemon juice
- 1/8teaspoon sesame oil
- 1tablespoon hot mustard
- 2teaspoons water
- 1 -2teaspoon garlic and red chile paste

Stir Fry Sauce

- 2tablespoons soy sauce
- 2tablespoons brown sugar
- 1/2teaspoon rice wine vinegar

Directions

Make the special sauce by dissolving the sugar in water in a small bowl. Add soy sauce, rice wine vinegar, ketchup, lemon juice and sesame oil.

Mix well and refrigerate this sauce until you're ready to serve. Combine the hot water with the hot mustard and set this aside as well. Eventually add your desired measurement of mustard and garlic chili sauce to the special sauce mixture to pour over the wraps, heat and thicken with cornstarch and water. Bring oil to high heat in a wok or large frying pan. Sauté chicken breasts for 4 to 5 minutes per side or until done. Remove chicken from the pan and cool.

Keep oil in the pan, keep hot. As chicken cools mince water chestnuts and mushrooms to about the size of small peas. Prepare the stir fry sauce by mixing the soy sauce, brown sugar, and rice vinegar together in a small bowl. When chicken is cool, mince it as the mushrooms and water chestnuts are. With the pan still on high heat, add another Tbsp of vegetable oil. Add chicken, garlic, onions, water chestnuts and mushrooms to pan. Add stir fry sauce to pan, sauté mixture a couple minutes.

Top flat bread with special sauce, then chicken, chopped peanuts, cilantro and green onion, cut and serve. (Use the chicken and sauce in lettuce wraps instead of flat bread as another option for this recipe)

Spinach and Artichoke flat bread

- 16 ounces cream cheese
- 1 1/2 cups milk
- 1/2 cup mayonnaise
- 1 tablespoon garlic minced
- 1 tablespoon onion minced
- 1/4 to 1 teaspoon red pepper flakes (depending on how spicy you like it)
- 10 ounces canned artichokes, roughly chopped
- 10 ounces frozen spinach, thawed, or fresh
- 2/3 cup white wine
- Coarsely ground black pepper
- Kosher salt
- 1 cup shredded Parmesan
- 2 tablespoons chopped fresh parsley

Directions

Add the cream cheese, milk, mayonnaise, garlic powder, onion powder and red pepper flakes to a 12-inch high-sided sauté pan over medium heat. Cook until a thick sauce forms, 5 to 6 minutes.

When ready, add directly to the sauté pan the artichokes, spinach, white wine and diced cooked chicken. Season with salt and pepper, stir, and continue cooking until all the ingredients are hot, 1 to 2 minutes more. Stir in the Parmesan, spread on top of a 1/2 baked flat bread, top with mozzarella cheese and bake till melted and browned, garnish with chopped parsley.

Greek flat bread

Tzatziki Sauce

- 1 cup greek yogurt
- 1 peeled and seeded minced cucumber
- 2 garlic cloves minced
- 1 tsp dill
- 1 tsp sugar
- 1 tsp lemon juice
- salt and pepper to taste

Flat bread toppings

- diced cucumber
- crumbled feta cheese
- grape tomatoes halved
- oregano
- kalamata olives
- red onion
- shredded chicken pieces

Mix the tzatziki ingredients and spread on a fully baked flat bread. Top with the rest of the ingredients slice and serve.

Flat Bread dough

- 1 lb 1 oz. flour
- 1.5 tsp. salt
- .25 oz yeast
- 10 oz warm water
- 1 tbsp olive oil

Mix the flour, salt and dry yeast in a large bowl and make a well in the center. Add water and oil in the well. Gradually work the mixture by hand to form a soft and sticky dough. Turn out on to a clean surface and knead for 10 minutes until elastic and smooth or use a dough hook with an electric mixer and knead for 5 minutes.

Cover with a damp cloth and let rise at room temp until the dough doubles in size, about 1 hour. Punch down the risen dough, turn out onto a clean surface, and knead briefly. Roll the dough out to 1/8 inch thick and place on a corn meal dusted hot baking sheet. Bake at 425 until golden brown.