



BUCKWHEAT FLATBREAD RECIPE

Vata ↓, Pitta ↓, Kapha ↓

Makes: 8 flatbreads (cut the recipe in half to make four)

Prep time: 15 to 20 minutes **Cook time:** 30 minutes (about 4 minutes per flatbread)

INGREDIENTS

- 1½ cups lukewarm water
- ¼ cup olive oil
- ¼ cup psyllium husk, coarse powder
- 1½ cups (240 grams) raw buckwheat groats*
- An extra ½ cup (80 grams) raw buckwheat groats (for sprinkling the rolling surface to prevent sticking)
- 1 to 1½ teaspoons pink Himalayan salt or mineral salt
- Ghee for cooking and garnish

*If a spice grinder is not available, replace with 240 grams of pre-ground raw buckwheat flour.

DIRECTIONS

GRINDING THE FLOUR*

*If you are using pre-ground buckwheat flour, just add 1½ cups (240 grams) of flour to a medium mixing bowl and move to step one under “Making the Dough”.

1. Place ¾ cup (120 grams) of buckwheat groats in an electric spice grinder and grind for 1 to 2 minutes to create a fine powder.
2. Sift out any large chunks using a sifter or mesh strainer. Add the flour to a medium mixing bowl.
3. Repeat steps 1 and 2 with the remaining ¾ cup (120 grams) of buckwheat groats.
4. Grind an extra ½ cup of buckwheat groats and set aside separately to use for sprinkling the surface when rolling out the dough.

MAKING THE DOUGH

1. Add the water, oil, salt, and psyllium husk to a small mixing bowl. Stir well until everything is evenly blended and there are no clumps. Let this sit for a few minutes until the mixture congeals to form a gel-like texture.

2. Add the psyllium mixture to the buckwheat flour and mix well with a large wooden spoon until everything is evenly combined and there are no lumps or dry flour—it's ok if it is still a little sticky!
3. Begin to heat a cast-iron griddle over medium heat.
4. Sprinkle a clean, dry surface with a small amount of the extra buckwheat flour.
5. Knead the dough on this surface for 1 to 2 minutes. Then make a round ball.
6. Flatten the dough ball and cut it into 8 even parts. Then shape each part into a small ball.
7. Re-sprinkle the surface with additional buckwheat as needed. Place one of the dough balls onto the surface and “roll” it out with oiled hands (this works great for me!) or an oiled rolling pin, as preferred. The final flatbread will be about the size of a small plate (4-5” or so) and about a quarter-inch thick.

TIP: If the dough gets sticky when rolling it out, just sprinkle it with more buckwheat flour.

COOKING THE BREAD

1. Add a small amount of ghee to the heated griddle. Place the rolled-out flatbread in the middle of the griddle.
2. Heat the first side for about 2 minutes or until the bottom is firm and easy to flip. There may be some golden brown spots, but it should not be black, burnt, or hard.

TIP: While each flatbread cooks, you can roll out the next flatbread.

3. Flip the flatbread and cook the other side for another 2 minutes or until the bread is cooked slightly firm with a few golden brown spots.
4. Place the cooked flatbread onto a cooling rack (best!) or plate. While it is still warm, glaze it with a small amount of ghee to add a nice flavor and some extra moistness.
5. Repeat this cooking process until all of the flatbreads have been made.
6. Enjoy this soft and delicious flatbread with soup, kitchari, dal, hummus, or any meal you desire! It also works great as a gluten-free wrap or mini-pizza crust!

STORAGE TIPS

- Wrap any extra flatbread in saran wrap or a zip lock bag for the best freshness.
- It can be stored at room temperature (but away from any heat) for up to 4 days. The bread tends to keep its softness best with this method, so feel free to make a smaller batch if needed.
- Store in the refrigerator for up to 7 days, although it will become more hard and dry with cold storage.
- Store in the freezer for up to 3 months. Place them in a glass container and separate them by placing a piece of parchment or wax paper between each flatbread. Thaw at room temperature for several hours before reheating (see below) and eating.

REHEATING TIPS

- No matter the method for storing, it is recommended to reheat the bread before eating.
- Reheating options include: place over an open flame on the stove (similar to warming a tortilla), warming it on a heated, dry cast iron griddle (about 30 to 60 seconds per side over medium heat), or placing it in a 250° oven for 2 to 4 minutes (wrap in tin foil to avoid drying out).
- If the bread seems dry, you can brush it with a small amount of ghee or olive oil after the warming process.

OPTIONAL DOSHIC VARIATIONS

VATA

Buckwheat and psyllium husk can be slightly drying for Vata; however, the addition of oil and ghee will balance out the dry qualities so make sure to brush the flatbread generously with ghee after cooking. You can also add Vata-soothing spices such as Vata Churna, Agni Churna, turmeric, cumin powder, basil, rosemary, oregano, thyme, hing, or fenugreek powder to aid in digestion (and add flavor!).

PITTA

Although buckwheat is considered heating, the psyllium husk helps to cool this recipe down a bit. If it still seems to heating for your Pitta, you can add in some cooling spices such as fresh minced cilantro, Pitta Churna, coriander powder, or fennel powder. Ghee is also very cooling, so brushing the bread with ghee (or coconut oil) after cooking will also help to reduce any heating properties.

KAPHA

This recipe is naturally Kapha-reducing, as buckwheat is one of the best grains for Kapha dosha. If you have a severe Kapha imbalance such as obesity, severe water retention, high cholesterol, or high blood pressure, it would be best to reduce the salt to ¾ teaspoons and replace the ghee with olive oil.