



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **ONION**

Onion Flatbread

Ingredients

- 2 medium onions, finely chopped (2 cups)
- 1 cup warm water (105–115°F)
- 1 (1/4-oz) package active dry yeast (2 1/2 teaspoons)
- 2 teaspoons sugar
- 3 1/2 cups all-purpose flour
- 2 1/2 teaspoons salt, separated
- 3 tablespoons vegetable oil, separated
- 1 large egg, lightly beaten with 1 tablespoon water
- 1 teaspoon poppy seeds

Directions

To make the dough: Stir together water, yeast, and sugar in a small bowl until sugar is dissolved, then let stand until foamy, about 5 minutes. In a separate bowl, stir together 2 1/2 cups flour and 1 1/2 teaspoons salt. Add yeast mixture plus 2 tablespoons oil and stir until a dough forms. Turn out dough onto a floured surface and knead, adding enough of remaining cup flour, a little at a time, as needed to prevent stickiness, until smooth and elastic, about 8 minutes.

Form dough into a ball and transfer to an oiled large bowl, turning to coat with oil. Cover the bowl with plastic wrap and let dough rise in a warm area of your kitchen until doubled in size, about 1 to 1 ½ hours.

Cook onions while dough rises: Cook onions in remaining tablespoon oil with remaining teaspoon salt in an 8- to 9-inch nonstick skillet over moderately low heat, stirring, until softened, about 5 minutes.

Shape and bake bread: Spray a large sheet pan with nonstick spray, set aside. On a lightly floured surface, roll dough into a ¼ inch to ½-inch thin rectangle. Don't worry about straight or even sides. Prick dough all over at 1-inch intervals with a fork, leaving a 1-inch border all around sides. Transfer dough to the sheet pan and cover loosely with oiled plastic wrap (oiled side down). Let dough rise slightly in draft-free place at warm room temperature, 30 minutes. While dough rises, put oven rack in middle position and preheat oven to 400°F. Gently brush dough with some egg wash (1 slightly beaten egg mixed with 1 tablespoon water), being careful not to deflate dough. Scatter onions evenly over dough, leaving a 1-inch border, then sprinkle with poppy seeds. Bake until top is golden, about 15-20 minutes. Lift bread from pan and transfer to a rack to cool. Cut into serving size pieces.

*No time?! Use a roll of refrigerated pizza dough in place of making the flatbread. Continue with instructions for cooking onions.