

Soft Gluten Free Flatbread★★★★★

The simplest recipe for soft gluten free flatbread calls for only 5 basic gf pantry ingredients. It will bend without breaking every time using this recipe + our tips and tricks!

Course: Bread, Flatbread, Tortillas

Cuisine: Italian

Prep Time:

15 minutes

Cook Time:

15 minutes

Chilling time:

30 minutes

Yield: 2 flatbreads

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INGREDIENTS

- $\frac{3}{4}$ cup (105 g) all purpose gluten free flour blend (I used Better Batter; click thru for full info), plus more for sprinkling
- $\frac{1}{2}$ teaspoon xanthan gum omit if your blend already contains it
- 5 tablespoons (38 g) tapioca starch/flour (See Recipe Notes)
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon baking powder
- 1 tablespoon (14 g) extra virgin olive oil
- $\frac{1}{2}$ cup (4 fluid ounces) plain unsweetened plant-based (for vegan) milk or cow's milk, chilled
- Neutral oil for the skillet like grapeseed, canola, or vegetable

INSTRUCTIONS

1. In a large bowl, place the flour, xanthan gum, tapioca starch/flour, salt, and baking powder, and whisk to combine well. Add the oil, and mix to combine.
2. Add the milk, and mix until the mixture comes together. If necessary to bring the dough together, knead together with clean hands. The dough will be thick but relatively soft.
3. Ideally, divide the dough into 5 ounce portions (as written, the dough makes 2 portions), wrap each tightly in plastic wrap, and chill for 30 minutes and up to 3 days. You can also work with the dough immediately, if you don't have time to chill it.
4. When you're ready to make the flatbreads, heat a cast iron skillet that's at least 10-inches in diameter, or a heavy-bottom nonstick skillet, over medium-low heat. Place a flat, wide spatula and a tea towel on the counter next to the skillet.
5. If you've chilled the dough in portions, unwrap and work with one piece at a time. If the dough hasn't been divided, divide it in two equal halves, each weighing about 5 ounces.
6. Turn each piece of dough out onto a very lightly floured flat surface, and sprinkle lightly with extra flour. Cover the other piece(s) of dough loosely with a cloth to prevent it (them) from drying out.
7. Sprinkle the dough lightly with more flour and begin to roll it into a round, sprinkling lightly with more flour as necessary to prevent sticking. The edges will be jagged and a bit rough.
8. Gather the dough together and repeat the process at least once more, until the dough is smoother. Roll the dough into an approximately 10-inch round, turning and flouring lightly as necessary. The edges should be less rough, but this is rustic flatbread.
9. Brush about 1 tablespoon of neutral oil on the hot skillet. Pick up the prepared raw piece of flatbread and place it flat in the center of the skillet, taking care not to bend any of the edges.

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10. Allow it to cook for about 1 minute without disturbing it, or until the edges begin to lift. Slide the spatula underneath the flatbread, ensuring that there are no spots that might stick.
11. Flip the flatbread over and allow it to cook for another minute, pressing it firmly back onto the skillet with the spatula to prevent it from puffing up. You can also take a toothpick and prick any bubbles to deflate them.
12. Continue to cook the flatbread, flipping it frequently, until it is set on both sides and doesn't glisten anywhere. It should take 2 to 3 minutes total. Remove the flatbread from the skillet, place it in the center of the tea towel (See Recipe Notes), and fold the edges of the towel over on it to enclose it.
13. Repeat with the other piece of dough, oiling the skillet lightly as necessary.
14. Once the flatbreads are done cooking but are still very warm, open the tea towel and remove both pieces of bread. Place one about 4 inches from one short end of the towel, fold the edge over the bread, and roll the bread tightly in the towel.
15. Place the second flatbread on the unrolled portion of the towel, and repeat the process, rolling until the two flatbreads are tightly wrapped in the towel. Allow them to cool for at least 5 minutes wrapped in the towel before unwrapping and serving.

NOTESTapioca starch/flour.

You must use tapioca starch (or flour, they're the same thing) in this recipe in addition to a proper all purpose gluten free flour blend. You cannot use Expandex modified tapioca starch. They're completely different ingredients.

Rolling in a tea towel.

You absolutely do not have to roll the warm flatbreads in a tea towel. This is designed to create a "memory" in the dough for rolling, so that they will bend perfectly even as they cool.

Adapted from [Curious Cuisiniere](#).

Nutrition information is approximate and should not be relied on.

NUTRITION

Calories: 328kcal | Carbohydrates: 60g | Protein: 2g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 1109mg | Potassium: 7mg | Fiber: 3g | Sugar: 0.1g | Calcium: 134mg | Iron: 0.4mg

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