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## Recipes For the Bread Baking Challenged

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On November 20, 2010 @ 2:43 am

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I envy anyone who can whip up a fluffy loaf of bread. It's not to say that I have not tried. In fact, I'd have an A+ for effort, but an F in the fluffiness factor. I have tried every type of bread recipe ranging from no knead breads to the breads that require "starters", yet alas, there was minimal success. I have accepted the fact that bread making may not be in the cards for me. However, admitting it is not my forte does not mean that I have given up completely. In fact, I am expanding my horizons as far as baking bread goes.

And for all of you bread baking challenged individuals out there, here are some easy bread recipes that are for flat breads.

### Pizza Dough

- 3 c. all purpose flour
- 1 (.25 ounce) package active dry yeast
- 2 tbs. vegetable oil
- 1 tsp. salt
- 1 tbs. white sugar
- 1 c. warm water (110 degrees F/45 degrees C)

Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil and warm water. Spread out on a large pizza pan. Top as desired.

Bake at 375 degrees F (190 degrees C)

### Homemade Mexican Tortillas

- 3 c. all purpose flour
- 2 tsp. baking powder
- 2 tsp. salt
- 3/4 c. shortening
- 3/4 c. hot water

Combine the flour, baking powder and salt. Either by hand or with a pastry cutter, cut in the shortening until the mixture is crumbly. If the mixture looks more floury than crumbly, be sure to add just one or two more tablespoons of shortening until it is the desired consistency. Add about 3/4 cup of hot water to the mixture, or just enough to make the ingredients look moist.

With your hand or a large fork, knead the mixture making sure to rub the dough against the sides of the large mixing bowl to gather any clinging dough. If the dough still sticks to the side of the bowl, add a couple more tablespoons of flour until the dough forms a soft round shape. The dough is ready to roll out now, but it is best to let it rest.

Cover it with a dish towel, and let it sit for about an hour.

Take the dough and pull it apart into 10-12 balls. Lightly flour your rolling area, and roll each ball with a rolling pin to about 1/8 inch thick.

Place each tortilla on a medium hot cast iron skillet. Cook for about 1-2 minutes on each side, or until the tortilla does not look doughy.

## Pita Bread

- 1 (.25 ounce) package of active dry yeast
- 1 1/4 c. warm water (110 degrees F/45 degrees C)
- 2 tsp. salt
- 3 c. all purpose flour

In mixing bowl, dissolve yeast in warm water. Stir in salt and enough flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Do not let rise. Divide dough into six pieces; knead each for 1 minute. Roll each into a 5-in. circle. Cover and let rise in a warm place until doubled, about 45 minutes. Place upside down on greased baking sheets. Bake at 500 degrees F for 5-10 minutes. Remove from pans to wire racks to cool.

## Sweet Naan Bread

- 2 c. all purpose flour
- 1/4 tsp. salt
- 2/3 c. water
- 1/4 c. white sugar
- 1 tbs. vegetable oil

In a large bowl, stir together flour, salt and water until a soft dough is formed. Turn dough onto a lightly floured surface and knead briefly. Divide dough into gold ball size pieces and cover with a damp cloth or plastic wrap.

Select a ball of dough and roll to until very thin but not torn. Sprinkle lightly and evenly with sugar. Fold up dough into a small square and roll out again until thin.

Heat lightly oiled griddle over medium heat. Place the rolled dough onto the pan and cook for 30 seconds - 1 minute on each side until golden. Serve immediately.

Repeat until all dough balls have been cooked.

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