



Flour and Water

by

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Two simple ingredients...

When it's hard to get your hands on yeast, and if you're not up for a sour-dough starter, here are a few fun ways to put flour and water to use.

Pancake Mix

This mix was originally developed for camping trips, but you can also make it to have on hand at home. Give a little extra richness to the pancakes by using an egg, and milk or yogurt in the batter, depending on what you have on hand.

Makes: about 6 to 8 medium pancakes

- 1 cup flour
- 1 tablespoon baking powder
- 1 tablespoon organic cane sugar
- 1/4 teaspoon salt

Optional:

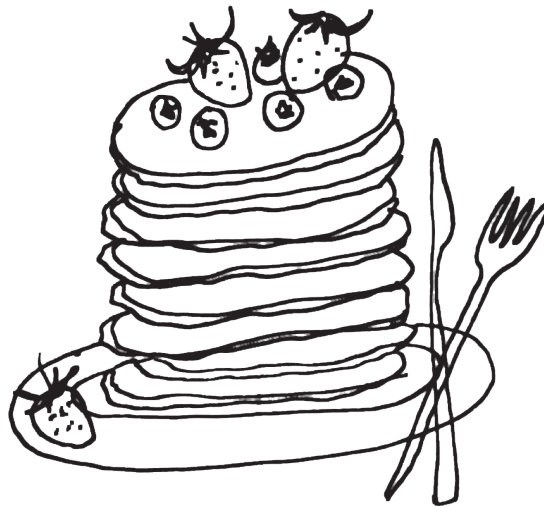
- 1 teaspoon ground cinnamon, ginger, or cardamom, etc. depending on what spices you like.

Mix all of the dry ingredients together and store in an airtight container.

Ratio for making the batter: 1 part mix to 1 part liquid. Liquid can be water, milk, the dredges of the yogurt container, etc. Have an egg on hand? Go ahead and whisk that in too. Add liquid slowly so that you can get the right consistency.

Other things to add: blueberries or blackberries, M&Ms or pieces of chocolate, or switch things up entirely and add a little shredded cheese for savory pancakes.

Fry up your pancakes. Feeling a little lazy? Make scrambled pancakes instead. Pour batter into a frying pan with a little oil or butter and then push around with a spatula like you would scrambled eggs until pancakes are cooked through.



Butter Pastry Crust

This recipe is adapted from *The Fruit Forager's Companion* by Sara Bir, and it's a favorite because it can be made with beer or kombucha. Or water, of course. Works great for pies, galettes, etc.

Makes: 2 pastry crusts

- Scant 2/3 cup (75 grams) organic rye flour
- 1 1/2 cups (195 grams) organic unbleached all purpose flour
- 1 cup (2 sticks) salted butter
- About 1/3 cup (80ml) very cold
- kombucha or beer, or 1/3 cup water mixed with 1 teaspoon apple cider vinegar

In a bowl, mix the flours. Use a cheese grater to grate the butter into the flour, then mix with your hands until butter is coated. Sprinkle about 3 tablespoons of the liquid over the mixture and toss together. Continue tossing and adding liquid until you can press a clump of dough together. Better to have the dough sticky than too dry.

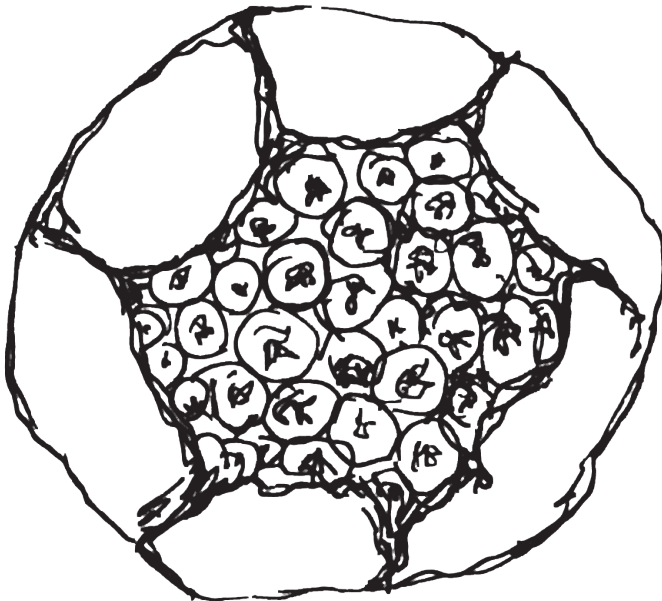
Once you can form the dough into a ball, split it into two pieces and shape into discs. Wrap and place in the refrigerator for at least an hour before using.

Sweet or Savory Galettes

Think of a galette like a rustic pie—the dough doesn't have to be perfectly rolled out or fussed with, and they can be sweet or savory, filled with pretty much anything that you want. A few ideas:

- Sautéed greens, onions, and wild mushrooms
- Berries, honey, and a little thyme or rosemary (note: if using very juicy fruit, add about 2 tablespoons of flour to the filling)

Preheat the oven to 400°F/200°C. On a floured surface, roll the pastry crust out to a big circle and place onto a greased baking sheet or one lined with a silicone baking mat or parchment paper. Place filling in the middle of the circle, leaving about 1 1/2 inches open around the perimeter. Working your way around the circle in increments, fold the open part of the crust in, so that it covers the edge of the filling. Optional: brush the edge of the crust with a whisked egg. Bake for 30 to 40 minutes.



Udon Noodles

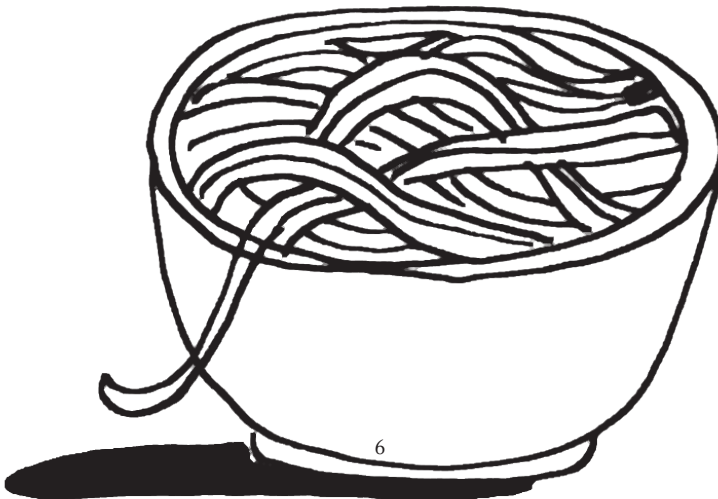
These thick noodles are a staple in Japanese cuisine, commonly served in a broth. They are a simple combination of wheat flour and water.

Makes: enough for 4 people

- About 3 cups (400 grams) all purpose flour
- About 3/4 cup to 1 cup (~220ml) water
- 1 pinch sea salt

Combine all ingredients and stir until dough comes together. Add water as needed. Knead to a firm, smooth dough. Let sit for one hour.

Roll out the dough on a floured surface to a uniform thickness. Cut into thin noodles (the dough will expand when boiled). Fill a pot with water and add a little salt. Bring to a boil, add noodles and cook for 3 to 4 minutes. Drain and rinse under cold water (unless you want to serve hot). Noodles can be kept cold in an airtight container in the fridge for up to three days.



Udon Noodle Sauce

If you have them, add some fresh herbs like mint and cilantro, maybe even some thinly sliced carrots and cabbage.

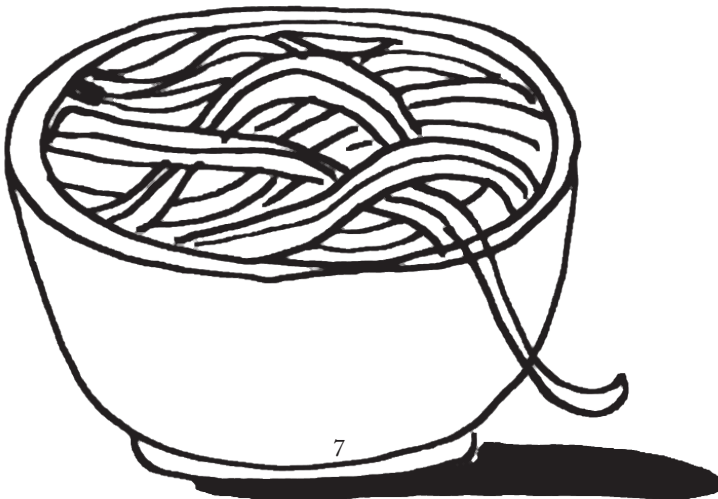
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sugar
- 2 tablespoons sesame oil
- 2 tablespoons tahini OR 1 tablespoon miso paste
- 2 tablespoons finely chopped ginger

Optional :

- Red pepper flakes or hot sauce

Whisk all ingredients together in a medium bowl, taste and adjust ingredients accordingly.

Toss with udon noodles to coat before serving.



Flatbread

Makes: 3 crispy flatbreads

- 1 3/4 cups (220 grams) sifted all purpose flour
- 1 tablespoon chopped rosemary (or other herb/spice)
- 1 teaspoon (4 grams) baking powder
- 1 teaspoon (6 grams) table salt
- 1/2 cup (120 ml) water
- 1/3 cup (80 ml) olive oil + more for brushing
- Flaky sea salt

Preheat the oven to 450°F/230°C with a baking sheet inside.

Combine dry ingredients. Make a well and add water and oil then stir to form a dough. Knead dough slightly on a clean surface and divide into three balls.

Roll out each part separately on a floured surface into a thin sheet. Brush dough with olive oil and sprinkle with flaky sea salt and transfer to a preheated baking sheet. Bake until golden (8-10 mins).

Break flatbread into pieces and serve. Store in an airtight container.

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