

# Shanghai Scallion Flatbread

## Ingredients

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2 c Flour  
1 t Yeast  
2 t Sugar  
3/4 c Water (lukewarm)  
1 t Salt  
1/2 t White Pepper  
1/4 t Five Spice Powder  
3 Green Onions (finely chopped)  
2 T Sesame Seeds  
3 T Vegetable Oil

## Instructions

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1. In a large mixing bowl, combine the flour, yeast, sugar, and water with a rubber spatula. The dough will be sticky and slightly wet, but still workable. Knead the dough until it forms a soft, smooth ball. Cover the mixing bowl with a damp kitchen towel and proof in a warm spot until the dough triples in size, 90 minutes.

2. Add the salt, white pepper, and five spice. Knead for another 5 minutes, until everything is well-combined. If the stickiness of the dough makes it difficult to work with, oil your hands. Cover the dough with the towel, and let it rest on the counter for another 15 minutes.

3. Knead the dough 2 minutes. Spray a clean flat work surface lightly with cooking spray. Using an oiled rolling pin, roll the dough into a thin

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rectangle a little less than 1/4-inch thick. Spray the rolled dough with a thin layer of oil, then brush it and evenly cover with the green onions.

4. Roll it up lengthwise into a tight log. Roll the log into a spiral to form a thick disc. Tuck the end underneath. Use your hands and a rolling pin to press the disc down and roll into a 10-inch circle. Sprinkle one side with 1 tablespoon of sesame seeds, making sure the entire surface is covered. Press the sesame seeds into the dough with the palm of your hand or rolling pin. Repeat with the next side.

5. In a 12" cast iron pan with a lid, add 3 tablespoons of oil and spread it evenly across the pan's surface. Place the dough circle into the oiled pan. Lay it over your rolling pin to

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transfer it to the pan. Cover and allow it to rest for another 20 minutes, without turning on the heat.

6. Turn the heat on to medium, with the lid still on. Set a timer for 12 minutes. After 12 minutes, open the lid and check the bottom. When it's evenly golden brown, flip the pancake, cover again, and cook for another 6 minutes.

7. Remove the lid, and cook for another few minutes to dry out the crust. The pancake is done when both sides are a deep golden brown, and the outer crust is crisp (it should sound hollow when you tap on it). Slice and enjoy!