

# Grilled Herbed Flatbread with Arugula

## Salad

### What You'll Need

#### Flatbread

- > ¾ cup water, lukewarm
- > ½ tsp sugar
- > ½ tsp active dry yeast
- > 2 tbsp rosemary, minced
- > 2 tbsp thyme, minced
- > 3 oz semolina flour
- > ¾ oz whole wheat flour
- > ¾ oz rye flour
- > 7 oz bread flour
- > ½ tsp salt
- > 2 tbsp olive oil

#### Arugula Salad

- > 8 oz arugula
- > 1 oz fresh lemon juice
- > 1.5 oz extra virgin olive oil
- > 2 tbsp shaved chives
- > 2 tbsp fresh parsley, rough chopped
- > salt and fresh pepper, to taste
- > 1 cup Red Sun Farms tomatoes, halved
- > ½ c Kalamata olives, halved



#### Poached Egg

### Directions

- > 4 cup water
- > 1 tbsp lemon juice

#### Flatbread

1. Preheat grill.
2. Dissolve yeast and sugar in water.
3. Place yeast mixture in a stand mixture fitted with a dough hook attachment.
4. Mix flours and herbs and salt together until thoroughly combined.
5. Start mixer on medium-low speed.
6. Add ½ flour mixture to mixer.
7. Mix until combined.
8. Add other ½ flour mixture, and knead for 5 minutes.
9. Place dough in oiled bowl, cover and let double in size.
10. Punch down and form 4 ounce rounds.
11. Let rounds rest for 15 minutes.
12. Roll out with rolling pin to ¼ inch thickness.
13. Brush either side lightly with olive oil, and grill evenly on both sides until dough is completely cooked through.

#### Arugula Salad

1. In a large bowl, mix arugula, parsley, chives, olives, and tomatoes.
2. Drizzle with olive oil, lemon juice and season with salt and fresh pepper to taste.

#### Poached Egg

1. Place water and lemon juice in a shallow sauce pot.
2. Bring to 160°F.
3. Crack egg into a separate bowl.
4. Stir water to create a vortex.
5. Stop stirring and gently drop egg into the vortex.
6. Cook egg to desired doneness.
7. Season with salt and pepper, to taste.

#### Plating/Presentation

1. Place flatbread on plate.
2. Top with arugula and sprinkle with olives and tomatoes.
3. Garnish with poached egg.