

SERVING SIZE: 1 Piece

YEILD: 20

MEAL PATTERN CONTRIBUTION: 1.75 oz eq Grain,

Ingredients and Instructions

Active Dry Yeast	¼ oz
Honey	2 tsp
Flour, All Purpose	10 Ounces
Flour, Whole Wheat	10 Ounces
Salt, Kosher	5 tsp
Oil, Olive	6 Tbsp
Butter, unsalted	4 Tbsp
Garlic, whole cloves, minced	2-4
Water, lukewarm	2 ½ Cups

1. Whisk together your yeast, honey and water. Set aside about 5 minutes or until it gets foamy.
2. In a small saucepan melt your butter. Add in your garlic and cook until lightly toasted.
3. Combine your flour and salt. Mix in your yeast mixture and garlic until fully combined.
4. Pour your olive oil into a large bowl and transfer your dough to rise. Be sure to fully coat the dough with the oil. At this point you can either refrigerate overnight to rise slowly and be baked the next day or you can place your dough in a warm place to double in size.
5. Grease a hotel pan and set aside. Gather your dough from the far edges lift up and over the center of the bowl. Turn the bowl and repeat this process until you have formed a ball. Press the dough into your pan and pour any remaining oil from the bowl onto your dough. Set aside to double in size again.
6. Preheat your convection oven to 375 degrees Fahrenheit. And bake until golden brown, about 20-30 minutes. Remove from oven and allow to cool.
7. Cut and serve.