

Griddle-Cooked Turnip and Masa Harina Flatbread (from *The Splendid Grain* by Rebecca Wood)

Here's a bold bread with the sweet taste of turnips. It looks like a flecked tortilla but is more pliant, moist and light. The Punjabi Sikhs make a tasty corn-daikon bread but the delicate dough makes it too fussy a recipe for me. By substituting masa harina for the cornmeal I double the flavor and have an easy-to-handle dough. Although cooking mellows the pungent bite of turnip, it's a wide-awake taste compared to the subtle flavor of cooked daikon. My children prefer the daikon. This is the only recipe in which I favor yellow or white masa harina over the blue, because the blue masa obscures the vegetable shreds. An electric tortilla press expedites the process. If fresh young turnips are not available, substitute a plump daikon or even a carrot.

Makes six 5-inch flatbreads

Ingredients:

2 medium turnips or 1 plump 12-inch daikon, washed and trimmed

1 cup white masa harina

½ tsp sea salt

3 tps Ghee or melted unsalted butter

Finely grate the turnips. Measure out 1 cup by gently pressing into a 1 cup measure. Combine the turnips, masa harina and salt in a small mixing bowl. Using your fingertips, blend together. The liquid from the turnips will moisten the flour enough to make a soft dough that is wet to the touch. Divide the dough into 6 equal portions. Cover with plastic wrap and let rest for 5 minutes.

Place each piece of dough on the counter and cover with wax paper. Using a rolling pin, roll into a round 1/8 inch thick.

Heat a griddle, cast iron skillet, or heavy frypan over medium heat. Add ½ tsp ghee. Place bread on the griddle. Cook for 3 minutes, or until the underside is flecked with brown. Turn and cook the second side for 2 minutes. Transfer to a platter. Cover and place in a warm oven while cooking the remaining flatbreads. Serve warm or at room temperature.

Note: These may be made in an electric tortilla press. Cook according to manufacturer's instructions.