

Sardinian Parchment Bread (*Carta Musica*)

©2010, Scott Duncan

1 C whole wheat flour
2 C all purpose flour

1 ½ t salt
1 ¼ C warm water (or less)

Preheat oven to 400°. Place two inverted baking sheets on middle racks.

In a large mixing bowl, combine flours and salt. Stir to combine. Add water, a little at a time, until the mixture is saturated but not sticky. You also don't want to overwork the dough and develop too much of the gluten.

Divide dough into about 32 small balls. Cover with a damp towel and let rest for 15 minutes.

Using a pasta roller, roll each ball into a very thin sheet (*on my roller, I go to size 7 out of 8 settings*). Once you get 4 to 6, place individual rolled sheets onto the baking sheets, being careful not to overlap. (*as an alternative, you can divide the dough into 8 and roll each ball of dough out on a floured board until it is less than 1/16" thick.*)

Bake for 3 minutes, then flip. Bake an additional 3 minutes, until the bread is crisp and beginning to brown. Transfer to a cooling rack. Repeat until all the sheets are baked.

Serves up to 12.