

Ancient Wheat Disk

1 1/2 tsp. active dry yeast	1 cup Stone-Buhr whole wheat
1 1/3 cups warm water	flour, plus extra for shaping
1 1/3 tsp. honey	2 1/2 cups Stone-Buhr unbleached white bread flour,
1 1/2 Tbsp. olive oil	plus extra for kneading
1 tsp. salt	

In a large bowl, dissolve yeast in the water. Add the honey and let sit for 20 minutes to proof. It will get foamy. Add the oil, salt and whole wheat flour, and beat well with a wooden spoon. Gradually add the white flour. When it gets too hard to stir, turn onto a floured board and knead 8 to 10 minutes, adding more white flour as needed to make a smooth soft elastic dough.

Transfer the dough to a lightly oiled bowl and turn to coat. Cover with plastic and let sit at room temp. until doubled (about 1 to 1 1/2 hours). Punch, re-shape, cover and let rise again to double (about 45 minutes to 1 hour.) At this point, for more flavor, you can refrigerate it overnight. The next day, bring it to room temperature for 2 hours and continue with the recipe.

Scrape dough onto a board heavily covered with whole wheat flour. Divide into (5) 5 1/2 oz. pieces and shape into balls. Cover and let rest for 20 minutes. With lots of whole wheat flour, roll each ball into a 7-inch circle. Transfer to another whole wheat-sprinkled board and cover. Repeat until all pieces are rolled. Cover and let rise until almost doubled, about 30 to 45 minutes.

Either slash each disk deeply 3 times, or prick several times with a fork to prevent ballooning. Bake 2 at a time directly on a pizza stone, using a pizza peel or the bottom of a cookie sheet to transfer the disks. **Bake** at 450°F for 8 to 10 minutes until they are golden and sound hollow when tapped on the bottom.

If you don't have a pizza stone, bake directly on a lightly oiled sheet (bake a few minutes longer). Cool on a rack. To keep soft, cover with a towel. These disks are perfect for sopping up gravy. They also make wonderful sandwiches when split in half.

Gyros

1 pkg. active dry yeast	1 tsp. salt
1 1/4 cups warm water	1/2 cup Stone-Buhr whole wheat flour
1 1/2 tsp. sugar	3 cups Stone-Buhr unbleached white bread flour,
1 1/2 Tbsp. olive oil	plus extra for kneading and rolling

In a large bowl, dissolve the yeast in the water, add the sugar, and let it sit for 10 minutes to proof. It will be very foamy. Add the oil, salt and the whole wheat flour, and mix with a wooden spoon. Start adding the white flour, and when it gets too hard to mix, turn out onto a floured board. Knead for 8 to 10 minutes adding more flour as needed to make a smooth and elastic dough.

Transfer the dough to a lightly oiled bowl and turn to coat. Cover with plastic and let it sit at room temperature until doubled (about 1 hour).

Scrape dough onto a floured board and divide into (8) 3 1/2 oz. pieces. Shape each into a smooth ball, dust with flour, cover and rest for 15 minutes. Flatten and roll each ball into a 7 1/2 to 8-inch circle. Transfer to a floured board and cover until very puffy, but not quite doubled, about 20 to 30 minutes.

Pre-heat a heavy 12-inch pan on medium low for 5 minutes on top of the stove. A cast iron pan works very well. Gently lift the dough and cook one gyro at a time on the ungreased pan. Cook 45 seconds to 1 minute on one side, flip, and cook for about 30 seconds on the other side, or until done. Keep gyros flexible, and do not let them get brown, only let a few dark specks appear. If one starts to balloon, poke it with a fork or lower the heat. As they finish cooking, stack the gyros in a covered bowl to keep them soft and pliable.

To serve, add your favorite sandwich filling and fold over. They may be cooled completely and frozen.

You can make the gyros any size; for instance, 2 oz. balls can be rolled out to 6 1/2 inches.