

Piadina

Ingredients (Serves 5)

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- Flour 4 cup
- Water 1 cup
- Olive Oil 5.8 tbsp 1/3 cup
- Baking Soda 1 tsp
- Salt 1 tsp

Instructions

1. Pour the water, olive oil, baking soda, and salt into a bowl and start mixing.
2. Add the flour to the liquids a little at a time and mix in the bowl.
3. When the dough becomes firmer, we begin to knead on the work surface, until it forms a smooth dough.
4. When the right consistency is reached, let our dough rest for about 20 minutes, covered by the bowl.
5. We lightly knead the dough and divide it into 5 pieces roughly 1/2 cup each to form 5 balls.
6. Roll out the balls with a rolling pin that we dusted with flour to shape round sheets with a thickness of 2-3 millimeters.
7. Heat a non-stick pan on the stove. When the pan is hot, start cooking the wraps one at a time. Prick the surface with a fork and let the wraps cook for 2-3 minutes per side.
8. Cover them with a clean cloth, so that they remain warm and soft. At this point our Piadine are ready to be stuffed with the filling you prefer!



Notes

- ★ PRO TIP: You can store your piadine in the freezer for future consumption, better within a month: you will need to defrost them at room temperature, then heat them in the oven or using a pan.
- ★ Fillings can be anything! Sliced meats, turkey, roast beef, salami, hard boiled eggs, sliced cheese, all add a delicious protein boost.
- ★ Pump up your veggies: add arugula, spinach, lettuce, sprouts, tomatoes, avocados, bell peppers, mushrooms, etc.
- ★ Don't forget the herbs! cilantro, basil, green onions, parsley all add a nice fresh green flavor accent.

Food, Nutrition, and Basic Skills Program

Many students come into the university environment with limited knowledge regarding nutrition, food preparation, grocery shopping, and budgeting. Without these skills, students may experience food insecurity, like skipping meals and eating poorly for the sake of cost or convenience. Attend our free workshops and learn how to cook, take care of your body and manage your finances while learning about your relationship with the world around you.

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