



a : staititai [ancient greek sesame & honey pizza]

 Vegetarian

READY IN



265 min.

SERVINGS



6

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings sea salt
- 2 tablespoons olive oil extra virgin
- 8 ounces feta cheese fresh crumbled
- 2 tablespoons honey raw
- 2 teaspoon sea salt (I use this kind)
- 2 tbsp sesame seed hulled
- 1 cup starter for a sourdough starter tutorial ([Click Here](#))

- 3 cups rice flour whole
- 1 cup water filtered

Equipment

- bowl
- frying pan
- baking sheet
- oven
- mixing bowl
- plastic wrap
- stand mixer
- kitchen towels

Directions

- Stir proofed starter, warm water, one-quarter cup olive oil, whole grain spelt flour and two teaspoons unrefined sea salt together in a bowl until well-combined.
- Pour the dough into the bowl of a stand mixer equipped with a dough hook and mix the ingredients together at a low speed; alternatively, flour your counter and knead the ingredients together until a smooth, pliable ball of dough forms. Grease a mixing bowl with a bit of olive oil; place the dough in the bowl and cover the bowl with plastic wrap or a slightly damp kitchen towel. Allow the dough to rise at room temperature for about four hours. Punch it down, and allow it to rise again, until doubled in bulk. Divide the dough into two masses, and form discs approximately eight inches in diameter.
- Heat two tablespoons olive oil of the remaining olive oil over a medium-high flame in a cast iron skillet.
- Place one disc in the hot oil and fry for two to three minutes, flip it and fry the other side for two to three minutes.
- Add an additional two tablespoons olive oil to the skillet, and repeat the process with the remaining disc. Your staititai dough is now ready for its toppings. Once the dough has been formed and fried until golden in olive oil, it is time to finish preparing the dish. Preheat the oven to 475 degrees Fahrenheit.

- Brush one tablespoon unrefined extra virgin olive oil on each of the two fried bases for the staititai. Crumble eight ounces of feta cheese evenly over each of the discs, drizzle each disc with one tablespoon honey and sprinkle with them with one tablespoon sesame seeds and enough coarse sea salt to suit your palate. Line a baking sheet or baking stone with three to four sweet bay leaves, and place the staititai over the bay leaves.
- Bake the staititai in an oven preheated to 475 degrees Fahrenheit for about five to six minutes.
- Serve hot, drizzled with additional honey as it suits you

Nutrition Facts



Properties

Glycemic Index:19.05, Glycemic Load:3.53, Inflammation Score:-2, Nutrition Score:8.4682607822444%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 457.81kcal (22.89%), Fat: 16.38g (25.2%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 59.89g (19.96%), Net Carbohydrates: 51.24g (18.63%), Sugar: 5.76g (6.4%), Cholesterol: 33.64mg (11.21%), Sodium: 1405.14mg (61.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (30%), Fiber: 8.65g (34.6%), Calcium: 217.85mg (21.79%), Iron: 3.63mg (20.14%), Vitamin B2: 0.33mg (19.36%), Phosphorus: 146.53mg (14.65%), Vitamin B12: 0.64µg (10.65%), Selenium: 6.76µg (9.66%), Vitamin B6: 0.19mg (9.28%), Zinc: 1.34mg (8.95%), Copper: 0.14mg (7.21%), Vitamin B1: 0.08mg (5.46%), Vitamin E: 0.75mg (4.98%), Manganese: 0.09mg (4.62%), Magnesium: 18.27mg (4.57%), Folate: 15.15µg (3.79%), Vitamin B5: 0.37mg (3.72%), Vitamin K: 3.49µg (3.32%), Vitamin A: 159.78IU (3.2%), Vitamin B3: 0.52mg (2.59%), Potassium: 41.36mg (1.18%), Vitamin D: 0.15µg (1.01%)