



## Flatbread with Fresh Figs, Monterey Jack, Blue Cheese and Red Wine Reduced Vinaigrette

 Vegetarian

READY IN



270 min.

SERVINGS



4

CALORIES



1148 kcal

### Ingredients

- 2.3 teaspoons active yeast dry (one)
- 1 tablespoon peppercorns black
- 4 ounces cheese blue crumbled (preferably from Northern CA, Sonoma or Napa)
- 1 tablespoon fennel seeds
- 1 leaf flat parsley leaves fresh
- 8 figs fresh ripe quartered
- 4 sprigs thyme leaves fresh
- 2 tablespoons honey or as needed

- 4 servings kosher salt
- 1.3 cups monterrey jack cheese grated
- 0.5 cup california olive oil extra-virgin
- 4 servings olive oil extra-virgin
- 3 tablespoons rice wine vinegar
- 2 teaspoons sea salt fine
- 5 cups unbleached flour for dusting organic all-purpose plus more , preferably
- 2 cups warm water (105 to 115 degrees F)
- 1 cup cooking wine dry red fruity

## Equipment

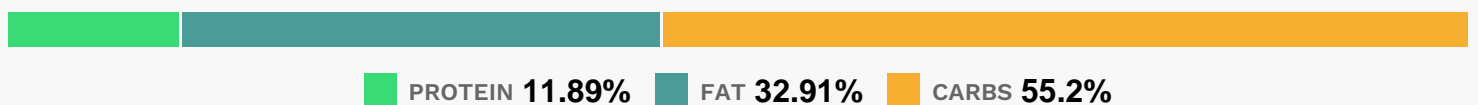
- bowl
- sauce pan
- knife
- blender
- grill
- dough scraper

## Directions

- Watch how to make this recipe.
- Combine the wine, fennel seeds, peppercorns and thyme in a wide shallow saucepan. Bring to a boil and cook until reduced to 1/4 cup. Strain the mixture into a blender and discard the solids.
- Add the vinegar and salt to taste and blend to combine. With the motor running, slowly add the olive oil until emulsified; add the honey to taste.
- For the dough: Dissolve the yeast in the warm water in a large bowl and let stand for 5 minutes. Stir in 3 cups flour and the salt, stirring until smooth. Stir in an additional 2 cups flour. Continue adding the flour (up to 1/2 cup), 1 tablespoon at a time, stirring until the dough comes away from the bowl but is still sticky.

- Turn the dough out onto a lightly floured work surface and knead with lightly floured hands. Start by slapping the dough onto the counter, pulling it toward you with one hand and pushing it away from you with the other. Fold the dough back over itself (use a bench scraper or a wide knife to help scrape the dough from the surface). Repeat until it's easier to handle, about 10 times. Finish kneading normally until the dough is smooth, elastic and soft, but a little tacky, about 10 minutes. Shape the dough into a ball and transfer to a lightly oiled bowl; turn to coat. Cover with plastic and let rise in a warm place until it doubles in volume, 3 hours. Press it with your finger to see if it's done; an indent should remain.
- Prepare the charcoal in a chimney starter (allowing the charcoal to burn until all the charcoal is covered with a thin layer of gray ash).
- Add to the grill and create a two-level fire by spreading the coals out over half the grill bottom, piling them up in a mound 3 briquettes high, leaving the other half with no coals.
- Remove the dough from the bowl, divide in half and shape each half into a ball.
- Brush with oil and set aside for 30 minutes.
- Stretch and shape each ball of dough into a 12 by 10-inch rectangle or round on a flat surface.
- Brush the tops of each with oil and sprinkle with salt and pepper.
- Let rest for 15 minutes.
- Place on the grill directly over the coals, oiled side down, and grill until lightly golden brown, about 1 minute. Flip over and grill for 1 minute longer.
- Place the flatbreads on a flat surface and divide the Monterey Jack cheese evenly over the top. Arrange the cut figs on top and the blue cheese around the figs. Return to the grill on the opposite side of the coals, for indirect heat, close the cover and cook until the cheese has melted and the figs are heated through, about 5 minutes.
- Remove from the grill and drizzle with some of the red wine vinaigrette and garnish with parsley leaves.
- Cut and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:100.32, Glycemic Load:101.32, Inflammation Score:-10, Nutrition Score:37.332609124806%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 6.21mg, Catechin: 6.21mg, Catechin: 6.21mg, Catechin: 6.21mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

## Nutrients (% of daily need)

Calories: 1148.15kcal (57.41%), Fat: 40.52g (62.34%), Saturated Fat: 15.09g (94.31%), Carbohydrates: 152.92g (50.97%), Net Carbohydrates: 143.93g (52.34%), Sugar: 25.68g (28.54%), Cholesterol: 52.69mg (17.56%), Sodium: 1908.45mg (82.98%), Alcohol: 6.3g (100%), Alcohol %: 1.4% (100%), Protein: 32.95g (65.9%), Vitamin B1: 1.5mg (100.14%), Selenium: 62.81µg (89.73%), Folate: 350.91µg (87.73%), Manganese: 1.66mg (82.92%), Vitamin B2: 1.16mg (68.04%), Vitamin B3: 10.8mg (54.02%), Calcium: 511.42mg (51.14%), Iron: 8.88mg (49.33%), Phosphorus: 473.76mg (47.38%), Fiber: 8.99g (35.95%), Vitamin K: 26.61µg (25.34%), Zinc: 3.34mg (22.28%), Vitamin E: 3.19mg (21.25%), Magnesium: 81.7mg (20.42%), Copper: 0.4mg (20.25%), Vitamin B5: 1.83mg (18.32%), Potassium: 589.36mg (16.84%), Vitamin B6: 0.3mg (15.18%), Vitamin A: 714.13IU (14.28%), Vitamin B12: 0.64µg (10.67%), Vitamin C: 4.31mg (5.22%), Vitamin D: 0.35µg (2.36%)