



for Lardo Pesto on Sourdough Flatbread

READY IN



260 min.

SERVINGS



8

CALORIES



241 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 clove garlic
- 3.5 cups high-extraction einkorn flour
- 0.3 cup parmesan cheese finely grated
- 1 sprigs rosemary
- 1 teaspoon unrefined sea salt
- 2 tablespoons starter ([get the tutorial here](#))
- 1 cup water
- 2 tablespoons unrefined

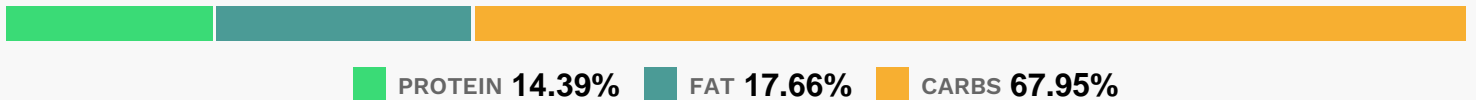
Equipment

- oven
- mixing bowl
- plastic wrap
- mortar and pestle

Directions

- Pour the flour, water, salt, olive oil and sourdough starter together in a medium-sized mixing bowl. Continue working the dough until it develops a smooth elasticity, then form it into a ball.
- Drizzle a clean mixing bowl with olive oil, and then place the dough into the bowl. Cover it well with plastic wrap or a tight-fitting lid, and let it rise until doubled in bulk, about 6 hours.
- Place a baking stone (like this one) in the oven, and heat the oven to 450 F.
- Roll out the dough into a disc about 1/4-inch thick. Then place it into the oven, baking it until it puffs slightly and becomes golden brown at the edges – about 10 to 12 minutes. While the pizza bakes, crush the garlic with a mortar and pestle (find them here), then slowly work in the lardo by mashing it well into the garlic to form a smooth white paste. Take the rosemary in one hand, then pinch of its needles with the thumb and forefinger of your other hand, and work them into the paste of lardo and garlic.
- Remove the hot flatbread from the oven, and immediately spread the Lardo Pesto on the hot bread, allowing the breads heat to melt the lard.
- Sprinkle the parmesan over the lard-slathered bread. Return to the oven for 3 to 5 minutes. Slice and serve while still hot.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2326086977416%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 240.56kcal (12.03%), Fat: 4.39g (6.75%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 36.19g (13.16%), Sugar: 0.01g (0.01%), Cholesterol: 2.72mg (0.91%), Sodium: 347.04mg (15.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.09%), Fiber: 1.79g (7.15%), Iron: 0.68mg (3.76%), Vitamin E: 0.52mg (3.47%), Calcium: 29.57mg (2.96%), Vitamin K: 2.17µg (2.06%), Phosphorus: 20.4mg (2.04%), Selenium: 1.15µg (1.64%)