

Unleavened Bread

½ cup whole-wheat flour
½ cup unbleached white flour
¼ teaspoon salt
2-tablespoon cold water
¼ cup vegetable oil

Sift flour and salt. Pour the water into the oil, but do not stir; add the oil and water to dry ingredients and mix with a fork until all the flour is dampened. Roll out between sheets of wax paper the thickness of piecrust. Place on ungreased baking dish. Mark off with a sharp knife, into bite-sized squares. Prick each square with fork, to prevent blistering.

Bake at 425 degrees for 10 to 15 minutes. Water carefully during the last 5 minutes, so it won't burn.