

Flat bread originality, functionality and developments (a review)

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Flat Bread in the Middle East is described as (Aeish) which means living the continuation of life for human, which he consumes in a proportion that covers more than 50% of the total daily energy daily intake by the human. Flat Arabic bread in Jordan and what surrounds it is the most productive and interesting food product by homes, producers and by governments, as its availability to the consumer is considered food security. Historical monuments in Jordan and surrounding countries in the Middle East have proven that its inhabitants since time immemorial have produced flatbread. For the diversity of social habits, there are a large number of names that characterize flatbread, some of which are classified according to its ingredients or according to the way it is baked or the place or geographical area in which it was produced and according to the shape and end use as well. The production of flatbread requires flour with specific rheological properties of elastic, resistance to stretching, viscosity, starch properties and others to contribute to the ease of handling of the dough during the stages of the production process to reach the production of distinctive flatbread to achieve the satisfaction of consumer desires. Basic Flatbread is low in fat if not added and is a source of dietary fiber when produced from whole grains of cereals. In addition to a nutrient that provides the body with energy, Flatbread considers a functional food to provide the body with some of the phytochemicals that are beneficial to health. Countries have been interested in the areas of development in the production of flatbread and the production process has moved over time from manual to automatic and even digital in modern inventory, as well as the diversity of the introduction of other ingredients and food additives to extend the shelf life and the introduction of packaging for bread, as well as the expansion of the production specialty flatbread for consumers with specific health requirements such as high protein low protein, high fiber, free gluten and others.