

Muufo (Corn Flatbread)

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David Malosh for The New York Times. Food Stylist: Simon An

Total 1 hour 35 minutes

Time

Prep 5 minutes

Time

Cook 1½ hours

Time

Rating 4 ★★★★★ (151)

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Fluffy and slightly sweet on the inside, with crunchy outer pockets, this cornmeal flatbread needs time to cook but cooks up quickly in a skillet. In Somalia, muufo normally baked using a traditional tinaar (tandoor) clay oven. For many that are a part of the Somali diaspora, the cooking method has adapted from using a tinaar to pan-frying muufo or making it on a grill. Muufo's texture is best when it's consumed right after it's fresh made, as it stiffens over time. If consuming on a different day, freeze the dough and pan fry when you're ready to eat it. Pair muufo with [chicken sugaar](#) or [suhibilib](#), or vegan [fuul](#) or cagaar. Muufo's pillowy interior is great for soaking up all the delicious juices and flavors from any of these dishes.

INGREDIENTS

Yield: 4 muufo

PREPARATION

Step 1

1¾ cups/219 grams all-purpose flour

½ cup/67 grams pre-cooked white cornmeal (such as P.A.N.)

2 tablespoons cane or granulated sugar

1 teaspoon active dry yeast

½ teaspoon fine sea salt

2 tablespoons olive oil

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[Ingredient Substitution Guide](#)

[Nutritional Information](#)

In a large bowl, whisk together the flour, cornmeal, sugar, yeast and salt. Add 1½ cups warm water and knead directly in the bowl with your hands until a sticky dough forms. Cover with plastic wrap or a clean dish towel and let the dough rise in a warm place for 1 hour or until it doubles in size and has tiny air pockets.

Step 2

Heat up 1 teaspoon of oil over medium-high in a medium (10-inch) nonstick skillet. Set a small bowl of water nearby for wetting your fingers as needed. Once the pan is warm, wet your fingers with the water, and pinch off about a quarter of the dough, pat it flat and place it in the skillet. Start spreading the dough outward with your fingers until you have a round shape that fills a majority of your skillet and the dough is approximately 6 to 7 inches round and ½ inch thick. Cover and cook, adjusting heat as needed, until there's enough steam on your lid to make the pan start sizzling and the bottom of the muufo is crisped and browned in spots, about 2 minutes.

Step 3

Take off the lid, drizzle or brush ½ teaspoon oil over the muufo, and flip it. Cook, uncovered, until the second side is done and the muufo is no longer doughy, 2 to 3 minutes. Transfer the muufo to a plate and repeat the process until all of your muufo is done. Muufo is best consumed while still warm.

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