

BARBECUED FLAT BREAD

Equipment needed –

Measuring spoons, measuring jug, large bowl, measuring cups, clean tea towel, fork, baking tray, glad wrap, grill plate and rolling pins.

Ingredients from the Pantry –

- 6 teaspoons of caster sugar
- 2 ¼ teaspoons of active dry yeast
- 6 tablespoons of plain yoghurt
- 3 tablespoons of olive oil
- 5 cups of plain flour
- 3 teaspoons of fine sea salt

What to do –

1. In a measuring jug, measure out 1 ½ cup of warm water. Add the yeast and 2 and ¼ teaspoons of sugar. Set aside for 5 minutes or until foamy.
2. Stir in 6 tablespoons of yoghurt and 3 tablespoons of oil.
3. In a medium bowl, measure out the flour and the remaining 3 ¾ teaspoons of sugar. Add 3 teaspoons of fine sea salt.
4. Pour the yoghurt mixture into the flour mixture and mix using a fork, until a dough forms. Transfer the dough to a lightly floured work surface and knead until smooth and elastic.
5. Divide the dough into small pieces and shape into balls. Place the dough balls on an oiled baking tray and rub them lightly with some oil. Cover with plastic wrap and let rise in a warm spot for 50 minutes or until doubled in size.
6. Using a rolling pin, roll out each ball on a floured work bench into a thin oval shape about 9 cm wide. Set the bread aside on an oiled baking tray whilst you roll out the others.
7. Lightly grease a grill plate and place over a medium heat.
8. Cook the bread on the grill plate for 2 minutes on each side or until char marks form and the bread is cooked through. Wrap the bread in a clean tea towel to keep warm.
9. Once all the bread has been cooked, arrange on 3 serving platters and serve.

Serves –

- 24 students.