

CHICKPEA FLATBREAD

Equipment needed –

Measuring cups, measuring spoons, large bowl, 3 baking trays and pastry brush.

Ingredients from the Garden –

- 1 teaspoon of rosemary leaves

Ingredients from the Pantry –

- 350 ml warm water
- 1 2/3 chickpea flour (besan)
- Salt flakes
- 100 ml of olive oil, plus extra to grease the pan
- Freshly ground pepper

What to do –

1. Measure out the water into a large bowl.
2. Measure out the flour and slowly whisk into the water until smooth.
3. Add 1 tablespoon of salt and 3 tablespoons of olive oil and skim off any foam that comes to the surface. Let stand at room temperature for at least 4 hours or overnight.
4. Preheat the oven to 220°C.
5. Heat 3 shallow baking trays in the oven for 10 minutes.
6. Carefully add 2 tablespoons of the olive oil into each of the hot pans, swirly to coat the base evenly.
7. Divide the batter evenly amongst the 3 pans.
8. Place in the oven and bake for 25-30 minutes or until crisp around the edges.
9. Slide the bread out onto a board and cool for 10 minutes. Cut into pieces and top with salt, pepper and rosemary.

Serves –

- 28 students.