

FLATBREADS

Equipment needed –

Food processor, rolling pins, heavy-based frying pans, electric scales, cup, 1 measuring jug, large bowl, clean tea towel, oven tray

Ingredients from the Garden –

Ingredients from the Pantry –

- 500 grams of plain flour, plus extra for dusting
- 1 teaspoon of salt
- 8 teaspoons of olive oil
- 1 1/3 cups of tepid water

What to do –

1. Using the electric scales, measure out the flour (500 grams) and place in the food processor.
2. Measure out 1 teaspoon of salt and add to the food processor with the flour.
3. Measure out 8 teaspoons of olive oil and place in a cup. Set aside
4. Measure out 1 1/3 cups of tepid water and place in measuring jug. Set aside.
5. With the motor running, trickle in the oil and enough tepid water to make a dough (add gradually as you may not need it all), processing for 1-2 minutes until the mixture forms a ball.
6. Lightly dust a clean work bench with extra flour and empty the dough out onto the bench.
7. Knead the dough until it feels smooth and silky. Place the dough in a bowl and cover it with a clean tea towel. Leave at room temperature for at least 30 minutes.
8. Preheat the oven to 100°C and put a baking tray inside to warm.
9. Divide the dough into small pieces, enough for 1 for every person including adults and students.
10. Using a rolling pin, roll the ball of dough into flat rounds on a floured workbench.
11. Heat a heavy-based cast-iron frying pan over a high heat until it is very hot; THERE IS NO NEED FOR ANY OIL.
12. Slap a dough round into it. Cook for 2-3 minutes and then turn to cook the other side. The flatbreads will have little burnt blisters on it. Keep warm on the baking tray in the oven while cooking the remaining flatbreads.
13. When ready to eat, divide the flatbreads amongst 3 serving platters to serve.

Serves –

- 28 students.