



Flat Bread Recipe

(Start 45 minutes before eating)



Ingredients

- 200g of plain flour or strong white bread flour (either work fine)
- 150g of additional flour for later on
- 200 ml of warm water
- 2 teaspoons of fast acting yeast
- 2 tsp of either caster sugar, maple syrup or honey
- ¼ teaspoon of salt
- 2 tablespoons of Extra Virgin Olive Oil (but any oil you have will work)

Equipment

- A mixing bowl
- A frying pan
- Scales
- Measuring jug
- Rolling pin
- Spatula
- Slotted spatula for flipping
- Dough cutter or wide bladed knife
- Balloon whisk (or a fork would do)

Method

1. Mix 100g (half the 200g) of flour, yeast and sugar into a bowl.
2. Add all the warm water
3. Mix with the balloon whisk taking out all the lumps, cover and leave for 15minutes.
4. After 15 mins the polish should have started to bubble, gently fold in the rest of the flour, 100g, the salt and the oil with a spatula.
5. If your dough is still sticky keep adding in little amounts of the 150g additional flour until it comes together into a dough ball that you can lift out. It shouldn't be too sticky. If it gets too dry then simply add a few drops of warm water.
6. Put the dough out onto a floured work surface and gently fold into a smooth dough ball taking care not to knock out all the air. Leave for another 15 minutes.
7. After 15mins cut the dough into 6 pieces. Roll each piece very gently with a floured rolling pin until about 4mm thick, they can be any shape.
8. Warm up your frying pan to a very warm but not too hot temperature.
9. Dry cook with no oil for a few minutes on each side, flipping regularly.
10. Wrap them in a cloth to keep warm and eat as soon as possible with your favourite fillings!

Enjoy!!