

Flatbread

Ingredients:

2 tsp salt
2 cups lukewarm water
5 tbsp extra virgin olive oil
1 kg plain flour

Method:

Preheat the oven to 120c and place 2 baking trays in the oven.

You will form flatbreads using pre-made dough. At the end you will make the dough the class following you.

Tip out the dough and divide it into 32 even pieces, each the size of a small egg. What do you think is the best method to divide the dough?

Do not play with or knead the dough- if you do it will be tough to eat!

Dust the workbench with some flour.

Flatten a piece of dough (using the heel of your hand) into a round shape and use a rolling pin to roll it out thinly, to about 10cm in diameter.

While the dough is being shaped, heat both frying pans until hot.

Place a disk of dough into the hot, dry pan and cook for 3 minutes. Flip over with a spatula and cook for a further 3 minutes. You should be able to cook a few at a time.

As the flatbreads cook they will develop a few bubbles and brown splotches. This shows they are done.

Using tongs, transfer the cooked flatbreads to the warm baking trays and return them to the warm oven until we are ready to eat.

To make the dough:

In a small bowl, dissolve the salt in the water. Add the oil.

Place the flour in the large bowl of the mixer. Attach the dough hook.

With the motor running, trickle in the oil, salt and water mixture. Mix for about 8 minutes or until the dough looks smooth.

Tip the dough into a large bowl and cover with a dry tea towel.