Flat Breads

Makes: 8 or cut into thirds or quarters for tastes in the classroom

Notes for volunteers:

- Most cultures make some form of bread from a ground starch such as grains, pulses or seeds.
- Flat breads are an unleavened bread meaning that they do not use yeast to make them rise.
- Flat breads are delicious as an accompaniment to curries or dips.
- Resting the dough allows the gluten in the dough to relax, making softer bread.
- Focus skill: traditional bread making.

Ingredients

½ tsp salt
½ cup lukewarm water
1 tbsp extra-virgin olive oil
250 g plain flour, plus extra for dusting

Method

1. In a jug, dissolve the salt in the lukewarm water. Add the oil.
2. Weigh the flour then place it in the bowl of the electric mixer with the dough hook attachment fitted.
3. With the motor running slowly, trickle in the water and oil mixture. Run the motor for about 8 minutes until the dough looks smooth.
4. Tip the dough into a dry, clean bowl and cover with a clean tea towel. Leave the dough to rest in a draught-free place for 30 minutes.
5. Preheat the oven to 120°C and place an oven tray in the oven to keep warm.
6. Use a large knife to divide the dough into 8 equal pieces about the size of a small egg. Flour the workbench. Flatten each piece of dough into a round and roll out thinly.
7. Heat a heavy-based frypan for about 5 minutes until very hot.
8. Slap a flat bread into the hot pan, you may be able to cook more than one at a time, and cook for about 3 minutes. Flip the flatbread over and cook for a further 3 minutes. As the flat breads cook, they will develop a few bubbles and brown splotches. This shows they are done.
9. Transfer the flat breads to the tray in the oven to keep warm.
10. Continue cooking in batches until all the dough has been used.

Serving suggestion: Serve as an accompaniment to a curry or dips.

Recipe Reference: Adapted from Stephanie Alexander’s Kitchen Garden Cooking with Kids