

Flatbreads

Makes: 8x 10cm Flatbreads

Ingredients: ½ teaspoon salt ½ cup lukewarm water 1 Tablespoon olive oil 250g plain flour	Equipment: Bowls- 1 small, 1 large Measuring cups Scales Kitchen aid with dough hook attachment Tea towel Baking tray 2 small frying pans Large knife Rolling pin White chopping board
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Method:

<p>1. In the small bowl dissolve the salt in the warm water. Add the oil. Weigh the flour and place it in the bowl of the kitchen aid with the dough hook attachment fitted. With the motor running, trickle in the water and oil mixture. Run the motor for about 8 minutes until the dough looks smooth.</p> <p>2. Tip the dough into the large bowl (make sure it is very dry) and cover with the tea towel. (The tea towel must be very dry also). Leave the bowl in a draught- free place for 30 minutes. Ready for the next class to use.</p>	<p>3. Using the large knife divide the Pre made dough into 8 pieces, each the size of a small egg. Flour the work bench, flatten each piece of dough to a round and roll out thinly. Heat both fry pans until very hot. As each piece is rolled, slap it into the hot dry pan and cook for 3 minutes. Flip the flat bread over and cook for a further 3 minutes.</p> <p>4. As the flatbreads cook, they will develop a few bubbles and brown splotches. This shows they are done. Transfer the cooked flatbreads to the baking tray. Cut flatbreads into triangles and place into containers, use a white chopping board.</p>
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