



# FLATBREAD

**Season:** All year  
**From the garden:** Parsley, chives, sorrel  
**Type:** Bread  
**Difficulty:** Easy  
**Country of origin:** Middle east  
**Serves:** 12 flatbreads  
**Source:** Andrea Habacht, GTT kitchen specialist, Oropi school

## Equipment

- \*bowls
- \*mixing spoon
- \*measuring spoons and cup
- \*rolling pin
- \*microwave safe bowl or sauce pan
- \*frying pan
- \*clean tea towel
- \*chopping board and knife

## Ingredients

- \*4 cups plain flour
- \*3 tsp baking powder
- \* $\frac{3}{4}$  cup milk
- \* $\frac{3}{4}$  cup yogurt
- \*100 g butter
- \*1 tsp salt
- \*few handful of fresh herbs

## Method

- 1.melt the butter in the microwave or in a small saucepan on the stove
2. wash the herbs and chop finely
- 3.add all the ingredients into a bowl and mix with a spoon

- 4.add a bit more milk if too dry or more flour if too wet
- 5.turn the dough out onto a clean surface and and knead till smooth
6. if there is time, rest for 30 minutes
7. divide the dough into 12 pieces
8. dust the working surface with flour and roll the pieces of dough out thinly
9. cook in a dry frying pan until brown patches appear, flip over and do the same on the other side
- 10.cover with a clean tea towel while you cook the other flatbreads

**Notes:**

**Skills:** measuring, *mixing, kneading, rolling*