



FLAT BREAD

Season: All year round

From the garden:

Type: Side dish

Difficulty: Easy

Country of origin:

Serves: 12 flat breads, or 30 tastes

Source: Sarah Rae, Kitchen specialist, Edendale Primary School

Equipment

*scales

*measuring cup and spoons

*mixing bowls

*rolling pin

*non-stick frying pan

Ingredients

*600 g plain flour

*4 tbsp olive oil

*1 tsp salt

*1 ½ cup warm water

Method

1.in a small bowl dissolve the salt in the warm water and add the oil

2.weigh the flour and place in a large bowl

3.add the water/oil mixture to the flour and mix

4.turn the dough out onto a floured surface and knead for 2 min.

5. if you have the time, put the dough back into the bowl and let it rest for 30 min.

6. divide the mixture into 12 pieces and roll them out thinly

7. place the flat breads in a heated dry frying pan until they bubble and develop brown splotches. Flip over and cook on the other side.

Notes: Flat bread has been around for thousands of years, and nearly every country has a version of it

Skills: measuring, *mixing*, *rolling*