FLATBREAD WITH HERBS (VEGAN)

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 self raising flour
*1 ½ cups plant milk
*1 tsp lemon juice or vinegar
*100 g margarine
*1 tsp salt
*few handful of fresh herbs

Method

1.melt the margarine in the microwave or in a small saucepan on the stove

2. wash the herbs and chop finely

3.add the lemon juice or vinegar to the milk and let it stand for a few minutes to thicken

4.mix all the ingredients in a bowl

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*