



Indian Flatbread

Season: All

Type: Breads

Difficulty: Easy

Serves: Makes 32 small flatbreads

Recipe Source: Foster Primary School

Flatbreads generally include leavened bread, such as pita, or unleavened, such as mountain bread. Both types are common throughout the Middle-East and beyond, and are popularly used for wraps as well as toasted for salads, dips and sauces. In an Indian village the 'fat' would have been butter made from buffalo milk.

Note: You will shape and bake your own bread, then make a batch of dough to rise for the next class.

Equipment:

To cook the bread:

2 baking trays
2 heavy-based frying pans
rolling pin
spatula or egg flipper
tongs

For the dough:

metric measuring spoons and scales
bowls – 1 small, 1 large
Mixer with large bowl and
dough hook attachment
clean tea towel

Ingredients:

To cook the bread:

flour for dusting the workbench

For the dough:

2 teaspoons sea salt
2 cups lukewarm water
5 tablespoons extra virgin olive oil
1 kg plain flour, plus a little extra
for dusting



What to do:

- You will form your breads using the dough made for you by the previous class. At the end, you will make the dough for the class following you.
- Preheat the oven to 120°C and place the baking trays in the oven.
- Tip out the dough and divide it into 32 even pieces, each the size of a small egg. What do you think the best method is to divide the dough?
- Do not play with or knead the dough – if you do your bread will be tough to eat!
- Dust the workbench with some flour.
- Flatten a piece of dough (using the heel of your hand) into a round shape and use the rolling pin to roll it out thinly, to about 10 cm in diameter.
- While the dough is being shaped, heat both frying pans until hot.



- Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes. Flip it over with your spatula and cook for a further 3 minutes. You should be able to cook a few at a time.
- As the flatbreads cook they will develop a few bubbles and brown splotches. This shows they are done.
- Using tongs, transfer the cooked flatbreads to one of the warm baking trays and return them to the warm oven until we are ready to eat.

To make the dough:

- In the small bowl, dissolve the salt in the water. Add the oil.
- Place the flour in the large bowl of the mixer. Attach the dough hook.
- With the motor running, trickle in the oil, salt and water mixture. Mix for about 8 minutes or until the dough looks smooth.
- Tip the dough into a large bowl and cover with a dry tea towel.
- Leave to rest for the next class.

