

RECIPES

TANG
FOOD



COOP

HALL

FOOD CIRCLE JOE'S FLATBREAD

Flatbread is a real easy way of introducing yourself to bread baking. Quick, simple and delicious. Easily adaptable, too - experiment with different flours, oils and spices to keep things interesting.

INGREDIENTS **SERVES 6** **⌚ 2 HR**

- 325g white bread flour
- 6g table salt
- 6g caster sugar
- 1 egg
- 140ml water
- 10g vegetable oil (more will be needed)

1. Combine all the ingredients in a bowl until it comes together into a firm dough.
2. It'll need a kneading. So either put into a mixer on a slow speed for 10 minutes or give it a bit of a pounding by hand (ideally you'll have some energetic kids knocking about) until noticeably more smooth and elastic.
3. Put a t-towel over the dough and just let it relax for an hour or so. By all means skip this if struggling for time, but it will make the next stage easier...
4. Divide the dough into palm sized portions, and roll out one of these into a thin rectangular strip using flour when needed to stop the dough from sticking. Brush one side with a little oil and fold over onto itself, sealing the edges and pushing out air pockets. Again this step can be skipped but it does lead to a lighter, crisper, tastier flatbread.
5. Roll this dough out as thinly as you can into whatever shape you fancy. Repeat with remaining portions.
6. To bake, either cook in a hot pan (you can cook in a thin layer of oil if you want it extra crispy) or a very hot oven (as high as it will go) for a couple minutes either side until just scorched.
7. Eat immediately or wrap up in a t-towel to prevent drying out.

