



Basic flatbread recipe

To make 8 flatbreads

Ingredients:

- 400g self-raising flour
- 1/2 tsp salt
- 250ml warm water
- 3 tbsp rapeseed oil

Method:

1. Weigh the ingredients. Take the opportunity to look at the scales and work out where the dial needs to be for that ingredient quantity.
2. Prepare the vegetable ingredients. Demonstrate how to wash and chop them safely.
3. Combine the flour and salt in a large bowl.
4. Add your additional dry ingredients.
5. Add the oil to your mixture.
6. Add the luke warm water, a tablespoon at a time. Take care not to make your dough too sticky!
7. Add your wet ingredients.
8. Stir everything together until all ingredients are well combined and form a dough.
9. On a floured surface, knead the dough for 2-3 minutes.
10. Divide the dough into 8 balls and roll each one out individually. Aim for each flatbread to be approximately the size of a dinner plate.
11. In a large frying pan, warm a teaspoon of oil and cook each flatbread for 1 minute each side on a medium heat until they are golden brown.