

Indian Flatbread

Season: All

Makes: 32 small flatbreads

Recipe source: Adapted from a recipe from Foster Primary School, Victoria

Flatbreads generally include leavened bread, such as pita, or unleavened bread, 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, rather than our use of olive oil.

Equipment:

metric measuring spoons, cups and scales
bowls – 1 small, 1 large
plastic wrap
rolling pin
2 heavy-based frying pans
spatula or egg flipper
tongs
2 baking trays
foil

Ingredients:

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



What to do:

1. Preheat the oven to 50°C.
2. Pour the water into the small bowl. Add the salt and stir to dissolve. Add the oil.
3. Put the flour into the large bowl. Pour in the salt, water and oil. Mix it together.
4. Make sure your workbench is clean, then sprinkle it with some flour.
5. Knead the dough for about 8 minutes.
6. Wrap it in plastic wrap until needed.
7. Tip out the dough onto your clean, floured workbench and divide it into 32 even pieces, each the size of a walnut.
8. Flatten each piece of dough with your hand, then roll it out thinly with the rolling pin, to about 10 cm in diameter.
9. While the dough is being shaped, heat both frying pans.



10. Place a few discs of rolled-out dough into a hot, dry pan and cook them for 2 minutes. Flip them over with your spatula and cook for a further 2 minutes. You want them golden, with a few bubbles and darker spots, but not charred.
11. Transfer the cooked flatbreads to the baking tray using tongs. Cover the tray in foil and put it into the warm oven until you are ready to eat.

