

Flatbreads

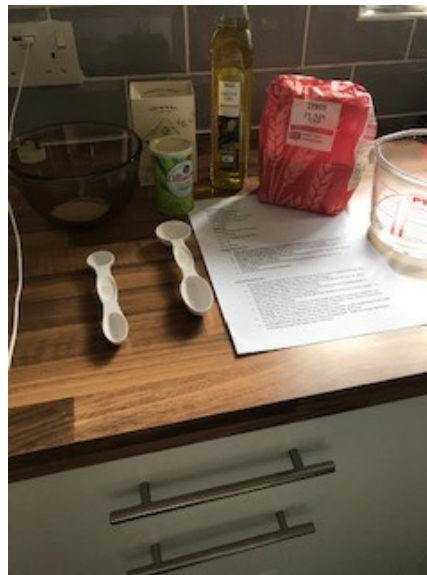
1 cup/128ml hot water (not boiling)

2 tsp dried yeast

2½ /3 cups/320g/384g plain flour

2 tsp salt

1tbsp olive oil



Method for flatbreads

1. Mix water and yeast together in a small bowl and let sit for about 5 minutes until the yeast has dissolved and appears creamy (this can take a little longer).
2. Add 2½ cups/320g of flour, (saving the other 64g for kneading) salt and olive oil. Bring together to make the dough and continue to knead.
3. If kneading by hand, sprinkle a little flour on a worktop/board and knead the dough for about 5-7 minutes until it is smooth and elastic.
4. Add more flour as needed to keep the dough from sticking to your hands or the surface. Try not to add too much though.
5. Clean the bowl out that you used to mix the dough and wipe it round with a little oil. Put the dough back in the bowl and turn to coat in oil. Cover with a clean cloth or wrap and let the dough rise until it has doubled in size (about 1 hour).



6. Once risen, you can refrigerate the dough until it is needed. It will actually keep in the fridge for up to a week so you don't have to make the flatbreads all at once.
7. Gently deflate the dough and turn it onto a floured board. Divide the dough into 8 equal sized pieces and gently flatten into a thick disc.
8. Using a floured rolling pin, roll one of the pieces into a circle 20-22 cm wide and just under 1cm in thickness. Lift and turn the dough often so that it does not stick, if it does start to stick then add a little more flour. Repeat with other balls of dough.
9. Warm a frying pan over a medium-high heat (you want a hot pan). Add a little oil and add a flatbread. Cook for 30 seconds until you see bubbles. Flip it over and cook for 1-2 minutes on this side until it browns on the underside. Flip again and cook for 1-2 minutes until cooked on both sides.
10. The flatbread should start to puff up, if not then press gently on the surface with a clean piece of kitchen towel. Keep any cooked flatbreads covered while you cook the dough.
11. These are best eaten fresh but will keep in an airtight bag for a few days or can be frozen.

