

Flat Bread

NOTES TO STUDENTS and VOLUNTEER:

1. Work in two teams to make this recipe (so you will need to divide the ingredients into 2 equal amounts).
2. Collect all equipment and measure all ingredients first before commencing making this recipe.
3. Focus on accurate measuring and kneading skills.
4. Volunteers – please set up the electric mixer with the dough hook.

Equipment

- Measuring spoons
- Measuring cups
- Measuring jug
- Scales
- Large fry pan
- Baking tray
- Electric Mixer with dough hook
- Clean dry tea towel
- Large plastic tray
- Large knife
- Rolling pin
- Egg slide

Ingredients

- 2 tsp sea salt
- 2 cups lukewarm water
- 5 tbs extra virgin olive oil
- 1kg plain flour
- Extra plain flour for dusting

What to do

1. Preheat oven to 120°C and place a baking tray in the oven to keep warm.
2. In a measuring jug dissolve the salt in the water. Add the oil.
3. Place the flour into the bowl of the electric mixer with the dough hook attached.
4. With the motor running on low trickle in the oil, salt and water mixture into the flour.
5. Mix for about 5 minutes or until the dough looks smooth. Add a little more water if the dough is dry.
6. Cover with a clean dry tea towel and leave to rest for 20 minutes. While you are waiting please wash up and clean your workstation.
7. Using a sharp knife divide the dough into 32 even pieces. Do not knead the dough or you will be tough.
8. Dust work bench with some flour.
9. Flatten a piece of dough with the heel of your hand and use a rolling pin to roll it out thinly, approximately 10cm in diameter.
10. Place the disk of rolled out dough into the hot dry fry pan and cook for 3 minutes on each side. As the bread cooks it will develop a few bubbles and brown splotches, this shows they are cooked.
11. Keep warm in the oven until all pieces are cooked and you are ready to serve.