

Flat Bread Recipe



Ingredients

- 200g/7oz plain or wholemeal flour
- ¼ tsp salt
- 100ml/3½fl oz warm water
- 2 tbsp oil

Method

1. Place the flour and salt in a large bowl and add the water bit by bit.
2. Mix the water and flour mixture together.
3. Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
4. Knead the dough for 5 minutes.
5. Divide the dough into 4-6 balls.
6. Roll out each ball of dough into circles.
7. Heat a large frying pan. Take a sheet of kitchen paper and rub a little oil onto the surface of the pan. Cook each flatbread for about 2 minutes on one side – it should puff up a little. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side.