



Indian Flatbread

Recipe source: Foster Primary School, Victoria

Season: All year

Type: Accompaniment

Difficulty: Moderate

Serves: Serves 24

Fresh from the garden: None, but an excellent accompaniment to a vegetable curry

Equipment	Ingredients
<p>To cook the bread:</p> <ul style="list-style-type: none">• 2 baking trays• 2 heavy-based frying pans• rolling pin• spatula or egg flipper• tongs <p>For the dough:</p> <ul style="list-style-type: none">• small bowl• mixer with large bowl and dough hook attachment• large bowl• clean tea towel	<p>To cook the bread:</p> <ul style="list-style-type: none">• flour for dusting the workbench <p>For the dough:</p> <ul style="list-style-type: none">• 2 teaspoons sea salt• 2 cups lukewarm water• 5 tablespoons extra virgin olive oil• 1 kg plain flour, plus a little extra for dusting

What to do:

1. Preheat the oven to 120°C and place the baking trays in the oven.
2. Tip out the dough and divide it into 32 even pieces, each the size of a small egg. Do not play with or knead the dough – if you do your bread will be tough to eat!
3. Dust the workbench with some flour.
4. Flatten a piece of dough (using the heel of your hand) into a round shape and use the rolling pin to roll it out thinly, to about 10 cm in diameter.
5. While the dough is being shaped, heat both frying pans until hot.
6. Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes. Flip it over with your spatula and cook for a further 3 minutes. You should be able to cook a few at a time.
7. As the flatbreads cook they will develop a few bubbles and brown splotches. This shows they are done.

8. Using tongs, transfer the cooked flatbreads to one of the warm baking trays and return them to the warm oven until we are ready to eat.

To make the dough:

1. In the small bowl, dissolve the salt in the water. Add the oil.
2. Place the flour in the large bowl of the mixing machine. Attach the dough hook.
3. With the motor running, trickle in the oil, salt and water mixture. Mix for about 8 minutes or until the dough looks smooth.
4. Tip the dough into a large bowl and cover with a clean, dry tea towel. Leave to rest for the next class.