

# APS Cooking Club



## Indian Flatbread

Serves 30 small individual bread

**Season:** Summer, Autumn, Winter, Spring

**Difficulty:** Easy

**Ingredients:** Flour

## Equipment

- 2 baking trays
- rolling pin
- mixing bowl
- spatula
- tongs



## Ingredients

- 500g plain flour
- 1 teaspoons salt
- 1 cups lukewarm water
- 3 table spoons extra virgin oil

## What to do

- In a small bowl dissolve the salt into the lukewarm water. Add the oil.
- Put the flour in the large bowl and make a well in the centre.
- Add the water and oil mix.
- Mix well until combined.
- Turn onto a bench. Combined together and kneed softly.
- Divide dough into small egg sized shapes.
- Flatten dough with the heel of your hand and roll with the rolling pin until it is about 10cm in diameter. Place dough onto 1 baking tray ready for cooking.
- Then place the disc onto the hot plate of a BBQ or frypan.
- Cook for three minutes. You will be able to cook a few at a time.
- As the flatbread cooks it will develop a few bubbles that will brown and specked. This show they are cooked.
- With tongs transfer to a warm baking tray and keep warm until ready to eat.