

Flat Bread

- 1/2 tsp salt
- 1/2 cup lukewarm water
- 1 tbsp extra virgin olive oil
- 250g plain flour, plus extra for rolling

Method:

Dissolve the salt in the warm water and add the oil.

Place flour in the bowl of an electric mixer or a food processor and with motor running gradually add the water. Keep mixing until dough looks smooth.

Tip dough into a dry bowl, cover with a dry cloth and leave for 30 minutes.

Break off small pieces of dough about the size of a small egg.

Preheat a heavy-based frying pan on the stove (even better if you have two pans).

Dust work bench with flour and roll each ball of dough very thinly. As each ball is rolled slap it into the hot frying pan. Cook for about 3 minutes. The dough will bubble and puff a little. Flip the flatbread to cook the other side. The cooked side will have brown spots and blisters. After 2-3 minutes remove flatbread and keep warm in a tea towel. Repeat.

Makes 8-10.