

Flatbread Chips

Workstation : 3

EQUIPMENT

Large bowls
Rolling pin
Measuring cups
Measuring spoons
Jug
Wooden spoon
Fry pan
Tongs
Chopping board
Non slip mat
Knife
Baking trays

INGREDIENTS

500 grams of plain flour
2 teaspoons of salt
300mls of warm water
4 tablespoons of olive oil
1 clove of minced garlic

METHOD

1. Set oven to 200°C
2. Place dry ingredients into a large bowl
3. Combine warm water and **2** tablespoons of olive oil into a jug
4. Pour liquid slowly onto dry ingredients stirring with a wooden spoon until it forms a sticky dough (if dough is sticky add a little flour if dry add a little water)
5. Turn the dough out onto a lightly floured surface and knead for 5 mins until dough feels soft
6. Roll the dough into a sausage shape. Divide the dough into small pieces and roll each piece into a ball.
7. Sprinkle a rolling pin and work surface with a little flour. Roll each ball out to around 2-3mm thick. Use more flour if needed to prevent the dough sticking

8. Heat a frypan until hot, then turn down to medium. Place each flatbread in frypan the flour will prevent them from sticking. Cook each flatbread until the sides are beginning to lift away from the frypan. Once small dark patches are starting to form on the underneath of the flatbread flip and repeat on the other side. Once flatbreads are cooked remove from the frypan and carefully chop into rectangles or triangles
9. In a small bowl combine the minced garlic and remaining oil
10. Add the cooked flatbread and carefully coat with garlic and oil mixture
11. Place coated flatbread in a single layer on a covered baking tray and bake until crunchy