

This newsletter's recipe is from Anna Schwarz who lives in Hollingdean and is cookery teacher and events caterer at The Cardamom Pod.

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Flatbreads

This is a recipe for bread which doesn't need an oven - a bit like naan bread they look very impressive for something so easy to make.

I've been doing some cookery with volunteers at Hollingdean children's centre recently and this is one of many tasty things we made. Keep an eye out as some of the recipes should be available to try in the lovely children's centre cafe.

You will need

350g self raising flour

350ml plain yoghurt

pinch of salt

teaspoon baking powder

optional for the garlic butter

2 cloves garlic

40g butter (big heaped wooden spoonfull)

a bunch of soft fresh herbs like parsley, basil, dill

What to do

Put all the flatbread ingredients into a large bowl. Mix together with a spoon and then use your hands to bring everything together.

Dust a surface with a bit of flour and tip out the dough.

Knead for a minute or so to bring it all together – you don't need to knead it for ages like bread just enough to bring it all together. If it's too sticky to knead without getting all over your hands then add more flour until it isn't. Try to use the heel of your hand rather than your fingers to knead - this helps the dough sticks less to your hands.

If you are making the garlic butter then put the dough aside and make it now. Crush the garlic and chop the herbs really small. Melt the butter and then stir in the herbs and garlic. That's it – go back to your dough.

Now you roll out your dough into 12 breads. Dust a work surface and a rolling pin with flour. Divide the dough into 12 pieces – or 6 if you want less, bigger flatbreads. Roll the pieces into balls, flatten them a bit with your hands and then roll them out with the rolling pin until they are about 3mm thick. They need to be thin so they will cook through. To stop the dough sticking keep moving it about and use more flour if you need to.

Use a knife to cut a few lines in the centre of each round – this will help the dough rise and the garlic butter sink in better.

Heat a frying pan – or a griddle pan if you have one - till it's pretty hot – you don't need to use any oil.

Cook the flatbreads for 1-2 minutes on each side or until puffed up and golden – it might take longer depending on your hob. If you're cooking quite a few breads you can end up with the flour you rolled them out on left in the pan, it can be worth tipping it out or it can burn. To check if your flatbreads are ready let one cool a bit and eat a bit of it – you want it to be cooked through and not too doughy in the middle.

Brush the flatbreads with the garlic butter while they're still hot.