

# Flaky Flatbread

**Type:** Starter    **Serves:** Makes 12 flatbreads (30 tastes)

**Ingredients:** Wholemeal flour    **Recipe source:** Jimmy Parantha (Masterchef)

**Cooks tip:** Atta flour is a wholemeal flour traditionally grown in the India sub continent and used for flatbreads such as Paratha and Chapati's. We used an Australian Atta flour which is a high protein very finely-milled whole-wheat flour made from premium wheat. We sourced the flour from Coles.

|   |   |
|---|---|
| <b>EQUIPMENT:</b><br>1 large red mixing bowl<br>Wooden spoon<br>Measuring Jug<br>Measuring cups<br>2 Large frying pan<br>6 Rolling pins | <b>INGREDIENTS:</b><br>6 cups wholemeal Atta flour<br>1 teaspoon salt<br>300ml lukewarm water<br><br>2 tablespoons canola oil (for cooking) |
| <b>TO SERVE:</b><br>3 flat platters<br>3 tongs  |   |

## What to do:

- Mix the flour and salt in a mixing bowl.
- Add the water gradually and mix until it comes together into a dough and is too hard to stir. Flour your stainless steel bench and tip out onto the bench and knead to a smooth dough. You may need to add a couple of tablespoons of water if needed to get this smooth texture if too dry.
- Leave dough in a warm place for 10 minutes to rest (if time allows!)
- Divide the dough into 18 portions and shape into balls.
- Put some extra flour on bench to prevent sticking and roll each ball into a large thin circle.
- Heat 2 frying pans and put in enough oil to just cover the surface of the pans. The flatbreads cook best with minimum oil or almost dry frying.
- When hot place a dough circle into the pan and cook for 30 - 45 seconds on each side or until golden brown.
- Repeat until all the flat breads are cooked
- Cut bread into halves and divide onto 3 serving platters to be served with falafel, hummus and tabouleh.

