



EGYPTIAN FLATBREAD

Made using flour, salt and water, these flatbreads were a staple food in ancient Egyptian diets as they were cheap and easy to make. Most people had them every day, and now they make a perfect side dish to go with dips.



Skills Check: Follow a recipe; follow food safety & hygiene rules; use a sieve; use measuring spoons, use a measuring jug to measure liquid, shape dough; use an oven (with adult supervision), tidy away.

Equipment: Mixing bowl, wooden spoon, measuring jug, clean tea towel, rolling pin, baking sheet, greaseproof paper.

Ingredients (serves 12 children):

- 500g flour
- 2 teaspoons of salt
- 300ml water
- 3 tablespoons olive oil

Method

1. Mix together the flour and salt in a large bowl.
2. Gradually pour in the water and the oil.
3. Knead the mixture into a dough until it is really smooth.
4. Cover the bowl with a clean tea towel and leave for 30-40 minutes to 'rest'.
5. Divide the mixture into 8 even sized balls and roll them out to about 1cm thick.
6. Place the flat breads on a lined baking tray, then cook in the oven at 200°C for 15 minutes.
7. Allow to cool before eating!

