

Flatbread

Makes 1 flatbread to give 9 portions, will take about 25 minutes, with a proving time of 45 minutes and a cooking time of 30 minutes, in an oven 200°C/190°C Fan/400°F/Gas Mark 6

Ingredients

350g/12oz Glutafin Multipurpose White Mix
1 ½ x 5ml Dried yeast, in the sachet with the mix
½ x 5ml tsp Caster sugar
2 x 5ml tsp Skimmed milk powder
½ x 5ml tsp salt
300ml/11fl oz of hand hot water
1 x 15ml tbsp mild olive oil

Method

1. Combine the white mix and the yeast together in a medium sized bowl, with a fork. Stir in the remaining dry ingredients. Add the water and oil and stir to make a smooth stiff batter.
2. Now combine your chosen filling ingredients together and stir into the bread batter. Spoon into a 23cm/9inch greased square baking tin. Top with the remaining filling. Cover with oiled cling film.
3. Leave to prove in a warm place for 45 minutes, until the mixture has risen by half. Remove the film and bake until the bread is crisp and golden in colour.
4. Once cool, store in an airtight container in a cool place for up to 3 days. Warm before eating for the best results.

Filling options

Red Onion

1 medium Red Onion sliced, 2 x 15ml tbsp of mild olive oil,
1 x 15ml tbsp Balsamic vinegar, 1 x pinch of sea salt and ground black pepper.
Then simmer these ingredients in a covered pan for 15 minutes, stirring occasionally, leave until cold.

Cheese and Tomato

1 x 15ml tbsp finely chopped fresh herbs (basil, thyme, oregano and parsley are all ideal), 1 clove garlic crushed, 50g/2oz mature cheddar cheese grated,
75g/3oz baby plum tomatoes halved, 1 x 15ml tbsp virgin olive oil.

Pepper and Parmesan

3 x 15ml tbsp dried onion flakes, 75g/3oz mixed antipasto peppers (sold in jars, drained), 50g/2oz fresh parmesan cheese grated, 1 x 15ml tbsp virgin olive oil.