

SOFT FLATBREADS

INGREDIENTS

600gms cake flour
1 tsp baking powder
2 tsp fine salt
140ml extra virgin olive oil
200ml yoghurt
170ml water
2 tsp zaatar / finely chopped rosemary /
oregano (optional)

Oil to cook

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METHOD

STEP 1:

Add your flour and baking powder to a large bowl, to it add the salt and if you are adding any herbs add them now and mix with a whisk to distribute.

STEP 2:

In a small pot over medium high heat, add the oil and water. As soon as it begins to bubble switch it off and add the yoghurt and stir to combine.

STEP 3:

Add this mixture to the flour and mix with a spoon until it begins to form a dough, then take over with your hands. Move the dough to the counter and knead for a few minutes until you have a nice smooth dough. Add the dough back to a bowl and cover with clingwrap and let the dough rest on the counter for 30-minutes to an hour.

STEP 4:

Now divide the dough into 8 equal parts (approx 130gms each), roll into a ball, and then with a rolling pin, roll until about 2mm thick. Turn 45 each time your roll to help you achieve a round shape.

STEP 5:

Now heat a heavy based frying over medium high heat until hot, then brush each wrap with some oil and cook in the pan for about 2-minutes a side until dotted with brown spots and cooked through, flip and repeat on the opposite side. Keep warm between two plates lined with a clean dishcloth – the steam will help keep them nice and soft.

THE COOKERY

by The Secret Jozi Chef