

DAY 5 - MAIN COURSE

Spiced flatbreads with garlic butter

(S)

Serves 16



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Recipe Ingredients

- 300g plain flour
- Extra flour for working
- ½ tsp salt
- 50g butter
- 185ml milk
- 1 tsp paprika
- 1 tsp cumin
- Garlic butter
- 150g butter
- 2 garlic cloves or 2 tsp frozen garlic
- Chopped coriander



Evening preparation

5.00pm

1. Heat milk and butter in the pan until butter is just melted
2. In the meantime add all dry ingredients into a large mixing bowl and mix
3. Once butter has melted pour warm milk into pan
4. Mix with a wooden spoon then use clean hands to mix and clean all the dough from the bowl
5. Lightly flour the surface and begin to knead for around 5 min with hand or you can do this in a stand mixer with dough attachment
6. Roll into a ball and place on to the surface lightly floured again, cover with cling film or clean tea towel and leave for min 30

6.10pm

1. Cut into even 1/8s and roll into smaller balls. Cutting straight down the middle to create a half moon. Cover all 16 pieces with a clean tea towel so they don't dry out
2. Lightly sprinkle surface with flour and place 1 piece of dough at a time flat side down and roll with a rolling pin to about 2 mm in thickness
3. Once rolled lightly flour both sides and stack 1 on top of another always flouring between each flat bread

6.30pm

1. Heat a large frying pan on a medium heat and have 2 pieces of white roll ready – 1 for oiling and 1 for cleaning
2. Very lightly oil the pan. Give each flatbread a shake of any excess flour and place 2 at a time cooking 1 min each side, set aside and cleaning the pan with dry white roll after each time
3. Repeat until all portions are cooked
4. Melt butter and cook garlic until completely soft, around 15 min. Add chopped garlic, cut the breads in half and reheat for 2 minutes at 180 degrees
5. Serve with garlic butter drizzled over the top