

Yeasted Flatbread / Naan bread

300 g strong flour

1 level teaspoon salt

1 tablespoon oil (any cooking oil except sesame)

3 teaspoons / 7g yeast

dry ingredients for flavouring eg herbs, chive, or parsley/sage/rosemary /dried fruit

180ml of tepid water

Mix salt with flour, then add yeast and mix in.

Mix in herbs or other dry flavouring

Ad water and mix to pliable dough.

Knead on a board for 10 minutes

Leave in oiled bowl to rise approx 40 mins

Cut into 6 pieces (more more for smaller breads)

Roll into ball

Stretch ball with thumb and fingers slightly, then roll out thinly

Heat heavy frying pan

Once pan is hot put flatbread in pan, dry or with oil / butter

Bubbles appear as bread bakes; when ready turn it over.

Serve hot

Breads can be frozen & reheated from frozen in oven for a few minutes. (Sprinkle water on flatbread first)

Other flavouring: olives / crushed pineapple. Check amount of liquid added if adding a wet ingredient.