## Disclaimer

"We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.



# Egyptian Flatbread

# Makes 8 flatbreads

#### Ingredients

300 grams of whole wheat flour.

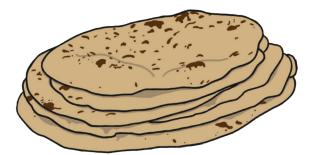
Half a tablespoon of (active dry) yeast.

Half a tablespoon of salt.

Half a tablespoon of oil.

2 teaspoons of sugar.

300ml of warm water.



## Method

- 1. Mix the yeast with the water and sugar in a big mixing bowl.
- Cover the bowl with a tea towel and let it sit for 10 minutes until it is bubbly (caused by the yeast activating).
- 3. Add half the flour to the bowl and mix it together with a spoon.
- 4. Cover again with the tea towel and leave it in a warm place for 30 minutes.
- 5. Then, add the rest of the flour, the salt and the oil to the bowl.
- 6. Knead the dough for 10 minutes until it is soft, not sticky.
- 7. Cover the bowl with the tea towel again (for the last time!) and wait about an hour until the dough doubles in size!
- 8. Now you can divide the dough into 8 balls and roll them out to look like flatbreads on some baking paper.
- 9. Place the flatbreads on a baking tray (still on the baking paper) in the oven at 240°c for about 6 minutes and watch them fluff up! Make sure an adult helps you with the oven.
- 10. Enjoy your yummy Egyptian flatbread!



