

Disclaimer

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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.
2. 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!

