

Flatbread

Servings: 4 large pieces

Ingredients

- 2 cups / 300g plain flour (all purpose flour) (level cups, unsifted, not packed), + keep 1/4 cup extra for dusting & adjusting dough
- 1/2 tsp salt
- 3 1/2 tbsp / 50g butter (1.75 oz)
- 3/4 cup / 185 ml milk
- 1/2 tbsp oil (for cooking)

Instructions

1. Combine butter and milk and heat until butter is just melted - on stove or in microwave.
2. Combine 2 cups flour, salt, butter and milk.
3. Sprinkle work surface with flour then knead for a few minutes until it is smooth - it doesn't need much kneading. Add extra flour if the dough is too sticky.
4. Wrap with cling wrap and rest at room temperature for 30 minutes or so.
5. Dust bench top with flour, cut dough into 4 pieces, roll into balls, then roll out into about 1/8" / 0.3cm thick rounds.
6. Heat 1/2 tbsp olive oil in a non stick pan over medium heat - or lower if you have a heavy based skillet. (Note 1)
7. Place one flatbread in the pan, cook for around 1- 1 1/2 minutes - it should bubble up (see photo in post)- then flip and cook the other side, pressing down if it puffs up. There should be a smallish golden brown spots on both sides.
8. Stack the cooked bread and keep wrapped with a tea towel - the moisture helps soften the surface, making them even more pliable.
9. Continue to cook with remaining pieces.
10. Optional: Brush or spray bread with olive oil or melted butter, for a more luxurious finish. Or even with melted butter mixed with minced garlic for a garlic butter version!

Notes

1. Higher heat and the thinner the dough = crispier crust, though still pliable inside, the thin crispy crust on the outside might crack when you roll it. This is how I make naan. The larger darker brown spots on the bread (see image in post) make it look like authentic naan, just like what you get at Indian restaurants!
2. **STORING:** Dough keeps in the refrigerator for around 3 days. Tip: Roll out the rounds, ready to cook. Just make sure you use baking paper or cling wrap to keep the pieces separated, flour will not suffice. Cooked breads keep really well in the freezer!
3. Works great with **WHOLE WHEAT** flour, does not work with almond flour. See note 4 for Gluten Free.
4. Dairy free / vegan substitutions: It also worked just as great substituting the butter with olive oil and almond milk for the dairy milk to make it a vegan / dairy free version.
5. This works pretty well with Gluten Free flour. You may need a bit of extra flour to roll it out - just add more as required. The texture is a bit different - a bit chewy, and you may not be able to roll them out into neat rounds like pictured.