

Flatbreads with Tomato Topping

Flatbreads are the simplest and oldest form of bread making. They are made in slightly different ways all over the world and are given different names, such as tortilla in Mexico and chapatti in India. A flatbread is simple bread made from flattened dough. Many flatbreads, including this recipe, are made without yeast.



Milk, sulphites and wheat (gluten)*

Nutritional information per portion (247g):

Energy 1028kJ 244kcal 12%	Fat 8.2g 12%	Saturates 2.6g 13%	Sugars 9.3g 10%	Salt 0.43g 7%
------------------------------------	--------------------	--------------------------	-----------------------	---------------------

of an adult's reference intake.
Typical values per 100g: energy 416kJ/99kcal.

Equipment

Weighing scales
Sharp knife
Chopping board
Small saucepan
Measuring spoons
Wooden spoons x 2
Sieve
Large mixing bowl
Rolling pin
Saucer
Fish slice
Large non-stick frying pan or griddle
Large plate
Clean tea towel

Ingredients

Serves 4

Topping

1 clove garlic OR
½ x 5ml spoon garlic purée
1 medium red onion
32 cherry tomatoes (about 480g)
2 x 15ml spoons olive oil
1 x 15ml vinegar (balsamic gives a lovely flavour)
¼ x 5ml spoon black pepper
½ x 5ml spoon honey

4 sprigs of rosemary, basil
OR parsley

Flatbreads

150g self-raising flour
¼ x 5ml spoon black pepper
150g low-fat natural yoghurt
Extra flour for rolling out

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Be careful to not get the frying pan or griddle pan too hot or the flatbreads will burn.

Flatbreads with Tomato Topping

Method

1. Peel and chop the garlic and onion.
2. Cut the tomatoes in half.
3. Heat the oil in a small saucepan and add the onion and garlic. Cook gently for 4 minutes, stirring occasionally.
4. Add the tomatoes and cook for 2 minutes. Remove from the heat.
5. To make the flatbreads, sift the flour into a mixing bowl and add the black pepper.
6. Add the yoghurt and stir until mixed.
7. Tip out onto a clean, floured surface and knead gently until smooth.
8. Divide the dough into 4 and make into balls.
9. Lightly dust the worktop with flour and, using a rolling pin, roll out each ball to the size of a saucer.
10. Heat a non-stick frying pan and cook the flatbreads one at a time until they are crisp and golden. They will take 3 minutes each side. Be careful to turn down the heat once the breads have started cooking. Wrap them in a clean tea towel to keep them warm.
11. Now add the vinegar, black pepper and honey to the tomato mixture. Cook for a further 2 minutes, stirring carefully.
12. Serve each flatbread topped with the tomato mixture and garnished with a sprig of rosemary, basil or parsley.

Something to try next time

- Top the tomatoes with a slice or two of mozzarella cheese and grill until the cheese has melted.
- Chopped large tomatoes could be used instead of cherry tomatoes, but it would be a good idea to remove the seeds to prevent the mixture being too wet.
- Make very small flatbreads and serve them at parties or events.
- Try adding 1 x 5ml spoon fresh herbs to the dough.

Prepare now, eat later

- Wash and chop the ingredients up to 4 hours in advance and store, covered, in the fridge.
- Cool and store the flatbreads and tomatoes separately in the fridge for up to 12 hours. When you are ready to eat them, gently heat the flatbreads in the non-stick frying pan until piping hot. The tomatoes can be reheated in a small saucepan for 3–4 minutes.

Skills used include:

Weighing, measuring, chopping, sifting, mixing/combining, rolling, kneading and frying.

www.bda.uk.com