

THE WELL

Nourishing Recipes

UFKA FLATBREAD

Thin Village-Style Flatbread

INGREDIENTS

- 3 cups plain flour
- 1 tsp sea salt
- 2 tbsp olive oil
- About 1 cup warm water

METHOD

1. Mix the flour and sea salt in a bowl.
2. Add the olive oil and enough warm water to form a soft dough.
3. Knead until smooth, then cover and rest for 20 minutes.
4. Divide into small balls and roll each one very thin.
5. Cook on a hot cast-iron pan or dry frying pan until lightly spotted on both sides.
6. Stack in a clean cloth to keep soft and warm.

SERVING NOTE

Traditionally used instead of cutlery, uflka is perfect for scooping, dipping and sharing around the table.

WHY IT'S LOVELY



Simple pantry ingredients



Rustic



Perfect for sharing



Hand-rolled



Lovely with mezze and salads