

Flatbread

Makes 4

Hands-on Time 30 minutes

Proving Time +2 hours

Grilling Time 5-7 minutes

Ingredients

- 250g strong white bread flour (plus extra for dusting)
- 1½ tsp fast-action yeast
- ½ tsp fine sea salt
- 2 tbsp olive oil (plus extra for greasing)
- 165ml water
- 2 tsp sea salt flakes (optional, for topping)

Equipment

- Mixing bowl
- Tea towel or clingfilm
- Grill rack (optional)
- Baking sheet
- Pastry brush

Method

1. Make the dough

- In a mixing bowl, combine the flour, yeast, salt, and olive oil. Gradually add the water, mixing until a dough forms.
- Knead on a lightly oiled surface for 10 minutes until smooth.
- Place the dough in a lightly oiled bowl, cover with a tea towel or clingfilm, and let it prove until doubled in size (or overnight in the fridge for a slow prove).

2. Shape and grill the bread

- Preheat the grill to medium-high. If using a grill rack, place it upside down on a baking sheet and warm it under the grill.
- Divide the dough into 4 pieces. Gently stretch each piece into a round, oval, or triangular shape, letting gravity do most of the work.
- Place 2 pieces of dough on the grill rack (or directly on the baking sheet). Grill for 3-4 minutes until puffed and golden.
- Flip the bread and grill for another 2-3 minutes.

3. Finish and serve

- Brush the grilled bread with olive oil and sprinkle with sea salt flakes, if desired.
- Repeat with the remaining dough pieces.

Enjoy!