

Savoury Flat Bread

Requisition of Equipment

2 blue trays, safety mat, red/brown/white and yellow chopping boards, kitchen scissors, colander, vegetable knife, small bowl for peelings, large saucepan, wooden spoon, sieve, large mixing bowl, measuring jug, rolling pin, flour dredger, baking tray, palette knife/fish slice, metal spoon, measuring spoons, digital scales



Method

| Time | Steps |
|------------------|---|
| Step 1 15 min | Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. Set oven to 200°C. Line baking tray with paper. RE SET TIMER |
| Step 2 20 min | Roughly chop bacon OR slice of cooked ham with kitchen scissors. Wash (place in colander and wash under the tap. Have a tray under the colander to prevent dripping) mushrooms, green pepper and onion. Slice mushrooms. Deseed and roughly chop green pepper. Grate cheese onto a white chopping board and mix with the dried basil. Peel and chop the onion. Wash and slice the tomato and keep for later on. Place 30ml sunflower oil in saucepan. Add bacon, mushrooms, green pepper and onion. Turn to number 6. As soon as the oils sizzles, turn down to number 3. Fry gently for 1 minute. Add passata and simmer for 2 – 3 minutes until the sauce has slightly reduced. Taste and adjust seasoning. RE SET TIMER. |
| Step 3 50 min | Sieve the flours and cayenne pepper into large mixing bowl. Rub margarine into the flour until it resembles breadcrumbs. Make a well in the centre of the mixture and add enough milk to make a soft elastic dough. Sprinkle a little flour onto table using a flour dredger. Knead dough gently. Roll out into a 22cm x 22cm square. Form an edge around the base of dough and place onto a baking tray which has baking parchment on it. Spread tomato mixture onto base of dough. Sprinkle cheese over mixture and add sliced tomato. Bake for 20-25 minutes. Carefully remove from baking tray with a palette knife OR fish slice and place into your container. RE SET TIMER. |
| Step 4 5 min | Do a final clean up. Sweep floor. Spray down counter. Set out washing and drying cloths for the next class. RE SET TIMER. |

Ingredients

50g self raising wholemeal flour (school)
 100g self raising white flour
 Pinch cayenne pepper (school)
 40g margarine
 100ml milk
 1 rasher bacon OR slice cooked ham (optional)
 2 mushrooms
 ½ pepper
 75g hard cheese
 2.5ml dried basil (school)
 ½ onion
 30ml oil (school)
 1 tomato
 150ml passata

CONTAINER