

# Flatbread

## Method

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### Base

1. Set oven to 200°C
2. **Weigh** out the white flour into a small mixing bowl
3. **Sieve** both the white and wholemeal flour into a large mixing bowl **[A]**  
*The wholemeal flour will leave bran in the sieve, make sure you use this too*
4. Add a pinch of cayenne pepper
5. **Weigh** out the margarine into the small bowl  
*Use a white chopping board and safety mat if needed*
6. **Rub** margarine into the flour until it resembles breadcrumbs  
*Put a safety mat under the bowl to keep it steady*
7. Make a well in the centre of the mixture and add enough milk to make a soft elastic dough  
*! You may not need all the milk, so add half, then gradually add more as needed*
8. Sprinkle a little flour onto the counter using a flour dredger
9. **Knead** the dough on the counter until soft
10. On your baking paper, **roll** the dough out into a large square or rectangle. Form an edge around the dough to stop the sauce escaping later **[B]**
11. Place the baking paper (with flatbread dough) onto a baking tray

### Topping

1. **Wash** the tomato  
*! Have a plate under the colander to prevent dripping*
2. **Measure** out the passata using a measuring jug
3. **Grate** the cheese and **mix** with the dried basil  
*Use a white chopping board and safety mat*
4. **Peel** and **chop** the onion into medium or small pieces  
*Use a brown chopping board and safety mat*
5. Add oil and 1 piece of onion to the saucepan
6. Heat the oil to the correct frying temperature  
*! Heat on number 6 but immediately turn down to 3 when test piece of food sizzles – stay focussed*
7. Add the onions and **gently fry** for 1 to 2 minutes  
*You do not want the onions to brown, just soften*
8. Add passata and **simmer** for 3 minutes until the sauce has slightly reduced
9. **Season** and **taste**
10. Spread the tomato mixture onto the dough base
11. Sprinkle cheese over the tomato mixture
12. **Slice** the tomato and place on top of the cheese **[C]**  
*Use a green chopping board and safety mat*
13. **Bake** for 20-25 minutes **[D]**

## Ingredients

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### Base

- 100ml milk
- 100g self-raising white flour
- 40g margarine
- 50g self-raising wholemeal flour (school)
- Pinch of cayenne pepper (school)

### Topping

- 150ml passata
- 75g hard cheese
- 0.5 onion
- 1 large tomato
- 1 tbsp oil (school)
- 0.5 tsp dried basil (school)
- Salt and pepper (school)
- Container

## Equipment

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- Safety mat
- Digital scales
- Vegetable knife
- Kitchen scissors
- Wooden spoon
- Flour dredger
- Fish slice
- Dessert spoon
- Measuring spoons
- Baking paper
- Chopping boards
- Rolling pin
- Sieve
- Large mixing bowl
- Small mixing bowl
- Measuring jug
- Baking tray
- Saucepan
- Colander

## Key Moments



**[A]** The wholemeal flour will leave bran in the sieve, make sure you use all of this too



**[B]** On your baking paper, roll the dough out into a large square or rectangle. Form an edge around the dough to stop the sauce escaping



**[C]** Place some slices of tomato on top of the cheese



**[D]** Baked savoury flatbread