

Basic Unleavened Bread Recipe

Obviously, you can bake your favourite bread, but just omit the leaven/raising agents from it.

The basic recipe I use and have used for the last 30 years or so, is as below. Sometimes I add a little bit more of this or a little bit less of that – but it won't compete with the "real thing"!!

Ingredients

1 lb Wholemeal Flour (450g)

1 tsp Sea Salt (5ml)

1 tsp brown sugar (5 ml)

1 oz butter [or a little bit more to suit taste] (28g)

2 tbsp extra virgin olive oil (30ml)

Approx 10 oz of warm water (300ml)

Method

- * Sift flour, sugar and salt together. Rub butter into flour.
- * Mix the oil with the water and add to the flour mixture.
- * Stir with a fork until it forms a ball of dough.
- * Knead lightly on a floured surface to shape the dough into a ball shape.
- * Divide into approximately 8 pieces and roll each one in your hand into a ball shape.
- * Put each one on the work surface and "flatten" them down to form roundish dough shapes of about 1-2 inches thick.
- * Place on a baking sheet and bake in the oven at 400°F (200°C or 180°C for fan assisted ovens or Gas Mark 6) for **about** 20 minutes. (A little longer if the bread is thicker).
- * Cool on a wire tray.