

Garlic Flat Bread



Ingredients:

- 4 cups plain flour (G.F option plus 1tspn. of Xanthan Gum)
- 1 teaspoons salt
- 3 tablespoons olive oil
- 1 cups lukewarm water
- 4 cloves of garlic

Instructions:

1. Dissolve the salt in the water in the small bowl. Add the oil.
2. Place the flour in the large mixing bowl, attached the dough hook.
3. With the motor running, trickle in the oil, salt and water mixture.
4. Mix until the dough looks smooth.
5. Place the dough into a large bowl and cover with a dry tea towel and allow it to rest.
6. Tip out the dough and divide the dough into 15-18 portion sizes (each the small of a small egg).
7. Dust the bench with flour.
8. Flatten a ball dough into a thin round shape.
9. Heat the frying pan.
10. Lightly spray each dough with olive oil then spread with a little garlic.
11. Place the dough disc in a hot, dry pan and cook for 3 minutes, then flip and cook for another further 3 minutes.
12. Repeat until all the dough disc are cooked. Keep warm by covering with foil.

Step by Step Instructions:

1. Dissolve the salt in the water in the small bowl. Add the oil.



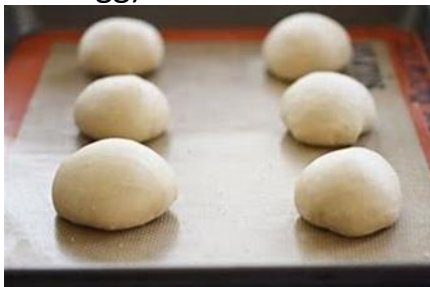
2. Place the flour in the large mixing bowl, attached the dough hook.



3. With the motor running, trickle in the oil, salt and water mixture. Add in chopped rosemary. Mix until the dough looks smooth.



4. Tip out the dough and divide the dough into 15-18 portion sizes (each the small of a small egg).



5. Flatten a ball dough into a thin round shape.



6. Place the dough disc in a hot, dry pan and cook for 3 minutes, then flip and cook for another further 3 minutes. Repeat with rest of dough.



7. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.

