

Make some Flatbreads

This was the type of bread Jesus ate and shared with his friends.
You can share with your family

Ingredients

200g/7oz plain or [wholemeal flour](#)

¼ tsp [salt](#)

100ml/3½fl oz warm water

2 tbsp oil plus extra for cooking



Method

- Place the flour and salt in a large bowl and trickle on the water bit by bit.
- Mix the water and flour mixture together. You can mix using one finger so that you don't get a whole hand covered in dough. Doughy hands can be cleaned by rubbing a little more flour onto the hands over another bowl or the bin – resist the urge to wash doughy hands as you will block the drain!
- Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
- Knead the dough for 5 minutes – you can do this in the bowl or on a clean surface using one or two hands.
- Divide the dough into four balls (or six if you have a smaller frying pan).
- On a clean surface, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the flatbread often you know it hasn't stuck. (You may need to sprinkle a little flour on the surface but only use a little as too much will dry out the dough.) Don't worry if they aren't perfect circles!
- Ask an adult to: Heat a large frying pan. Take a sheet of kitchen paper and rub a little oil onto the surface of the pan. Cook each flatbread for about 2 minutes on one side – it should puff up a little. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown.
- Share the flatbreads with your family ,just like Jesus did with his disciples in Emmaus