

Fate Flat Breads – Chapattis and Tortillas

Ingredients

300g Fate All-Purpose Mix

1½ - 2 teaspoons salt

1 teaspoon baking powder

100ml oil

200ml cold water

Extra Fate All-Purpose Mix to roll out.

Method

1. Mix the Fate All-Purpose Mix, salt, and baking powder together in a bowl. Add the oil and all the water. Use a large metal spoon and quickly stir until the mixture is smooth and blended well. Leave to rest for a couple of minutes.
2. Heat a heavy frying pan or griddle if you have one, over a medium heat. Do not put in any oil.
3. Take a large tablespoon of the mixture (about 60g) and make it into a ball with your hands. Place a piece of cling film onto the work surface, and dust it with All-Purpose Mix. Place the ball of dough onto the cling film and flatten it slightly. Then using a rolling pin, roll out the dough into a circle about 18cm in diameter. Try to make the mixture quite thin, like a pancake. Then use a pan lid or bowl to cut out a large circle.
4. Use the cling film to lift the bread into one hand and transfer it into the hot pan. Cook over a high heat for about 30 seconds. Turn it over and cook the other side. It is important that the breads are not overcooked as they should be soft and supple and easily folded without breaking.
5. As the breads are cooked, place them onto a cooling rack, or if you need them straight away, just cover them with a piece of kitchen paper or foil to keep them warm.
6. They freeze well, just defrost and heat through before serving, either in the oven, under a grill, or in the microwave. Be careful not to overheat them, as they will not be soft and supple.