

RECIPE CORNER

WITH NWSLC

4 Ingredient Flatbreads!

Ingredients;

200g Plain or Wholemeal Flour

¼ tsp Salt

100ml warm water

2 tbsp. oil (olive, sunflower or vegetable) plus extra for cooking



Method

1. Place the flour and salt in a large bowl and trickle on the water bit by bit.
2. Mix the water and flour mixture together. 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!
3. 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.
4. Knead the dough for 5 minutes – you can do this in the bowl or on a clean surface using one or two hands.
5. You can cook the breads straight away or leave the dough to stand for about 30 minutes. This is a good time to make a quick filling such as a grated salad or dip. Divide the dough into four balls (or six if you have a smaller frying pan).
6. 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!
7. 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. Keep the cooked flatbreads warm, wrapped in foil or a clean tea towel, until the others are cooked.

Easy Chocolate Molten Cakes!

Ingredients;

100g butter
100g dark chocolate
150g light brown soft sugar
3 medium eggs
½ tsp vanilla extract
50g plain flour
Single cream, to serve



1. Heat oven to 200C/180C fan/gas 6. Butter 6 round moulds or basins well and place on a baking tray.
 2. Put 100g butter and 100g chopped dark chocolate in a heatproof bowl and set over a pan of hot water (or alternatively put in the microwave and melt in 30 second bursts on a low setting) and stir until smooth. Set aside to cool slightly for 15 minutes.
 3. Using an electric hand whisk, mix in 150g light brown soft sugar, then 3 large eggs, one at a time, followed by ½ tsp vanilla extract and finally 50g plain flour. Divide the mixture among the round moulds or basins.
 4. You can now either put the mixture in the fridge, or freezer until you're ready to bake them. Can be cooked straight from frozen for 16 minutes, or bake now for 10-12 minutes until the tops are firm to the touch but the middles still feel squidgy.
 5. Carefully run a knife around the edge of each pudding, then turn out onto serving plates and serve with single cream.
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