

Cooking Challenge

Bread Week



Why bread?

Bread is one of the most widely consumed foods in the world and comes in so many forms, is used in so many cultures and tastes yummy!

We challenge you to try and either using your own recipes or some of the ones shown below, to create a type of bread.

We are excited to see your creations so remember to share them with us!

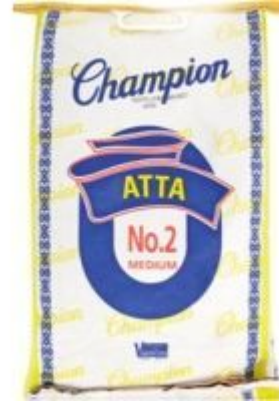
Chapatis

Chapati also known as roti is a type of flatbread that is common in India, Nepal, Bangladesh, Pakistan, Sri Lanka, East Africa and the Caribbean.



Ingredients

- 400g of chapati flour/wholemeal plain flour (popular companies include Champion Atta/Elephant Atta)
- 250 ml of cold water
- Rolling pin
- Non stick flat frying pan



Method

- Keep 100g of flour aside for when making the chapatis
- Put the rest of the flour into a mixing bowl and add the water bit by bit whilst kneading the mixture. Keep adding the water until your dough has formed into a soft, elastic dough.
- Cover the dough and let it rest for approximately 15 minutes.
- Knead the dough once again by wetting your hands slightly and kneading the mixture.
- The dough is now ready.

Making the chapatis....

- Sprinkle some of the flour left onto a flat surface or a board.
- Take a small portion of the dough (approx size of a tangerine). With your hands, form the dough into a small ball. Sprinkle some flour onto it if sticky.
- Flatten the ball onto the surface with your hands so it forms a flat disk (approximately 10cm in diameter).
- Using the rolling pin, roll out the dough, constantly turning the disc so you form a nice circle. Keep flouring when needed. Continue until circle is approximately 15 cm in diameter.
- Now take the chapati into your hands and flip between your palms so excess flour comes off.
- Lay the chapati onto your pan and heat one side for approx 20-30 seconds. Then flip the chapati (with tongs for safety) so that the other side can cook. You can do this a few times until brown spots appear on both sides.
- Some people like to then use a metal wire to further cook the chapati but just using a pan is also enough.
- The chapati is now done.
- Repeat with the remaining dough.

Pictures and Videos

Dough



Flour

<https://drive.google.com/open?id=1iVAhQoTh3HGJeF68srMmkt0xR7HpOVub>

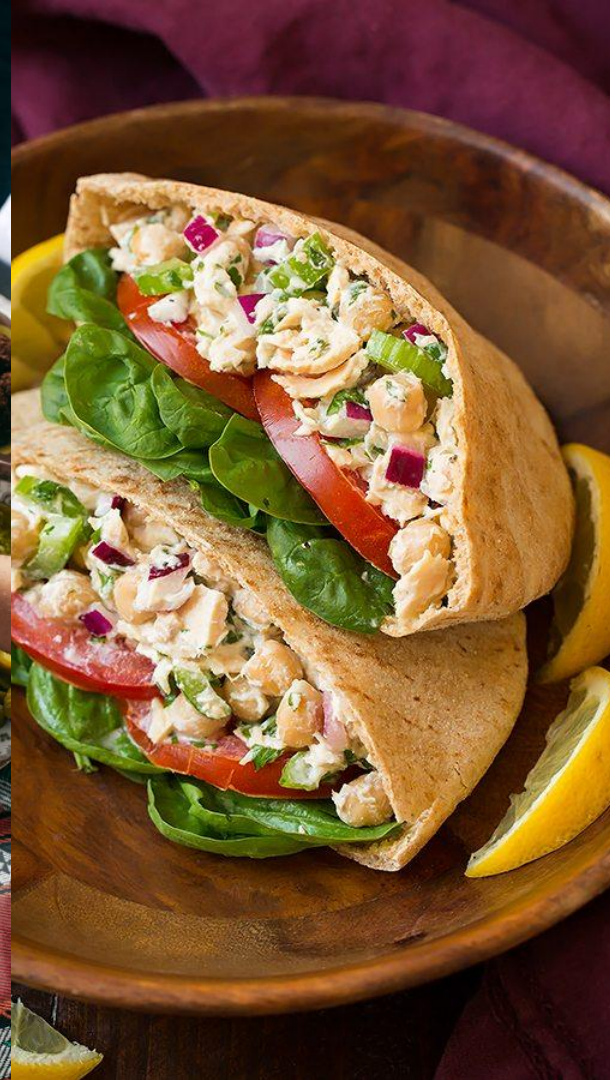
https://drive.google.com/open?id=16lz56-DTH9y2fxRJSDiK5_CqRZHdpZH

- Raquia's Chapati recipe is fantastic and incredibly versatile! Did you know that you could use this recipe to create a whole host of other dishes? You could add a little oil to the dough mix and create empanadas (see my saag aloo empanadas pictured, served with Raquia's pakoras from last week's challenge), fill and deep fry to make samosas or simply make your own wraps!



Pitta Bread

Pitta or Pita bread, is a type of leavened (risen using yeast) bread, commonly used in the Middle East and in the Mediterranean. It's easy to make and very versatile!



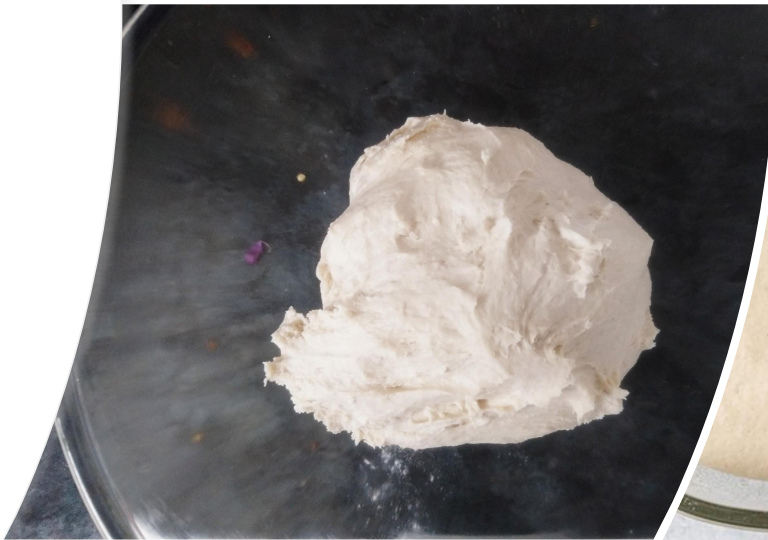
A top-down view of ingredients for bread making. A large white bowl filled with white bread flour sits on a woven brown mat. To its left is a smaller glass bowl containing a yellowish powder, likely yeast. Below the yeast bowl is another glass bowl containing a white powder, likely salt. In the foreground, a glass bowl contains a golden liquid, likely olive oil. The entire scene is set on a light-colored wooden surface.

Ingredients

- 2 tsp fast-action dried yeast
- 300ml warm water
- 500g strong white bread flour, plus extra for dusting
- 2 tsp salt
- 1-2 tbsp olive oil

Method

- Put the yeast and the water into a large bowl and leave until the yeast activates and is frothy. You should be able to hear it fizzing!
- Tip the flour into the bowl and mix, then add the oil and salt.
- Once combined into a dough, it will need kneading. If you have a mixer with a dough hook, use that, or tip out onto a surface and pull, stretch and turn the dough until it is soft and silky.
<https://www.youtube.com/watch?v=BJiucv88fIM>
- Put the kneaded dough into a lightly oiled bowl, cover with a tea towel, put in a warm place and allow to rise for about an hour or until doubled in size.



- Pre-heat your oven as hot as it will go, on mine, this is gas mark 9. Put a floured/oiled baking tray on a shelf high up in the oven.
- Once the dough is fully risen, tip it out onto a floured work surface and divide into 8 dough balls.
- Squash each with the flat of your hand and then roll out into ovals.
- Once rolled out, pop your pittas onto the baking tray and bake for about 4-5 mins or until nicely puffed up. You may need to do this in batches. Wrap your cooked pittas in a tea towel to keep them soft and warm whilst you cook the others.
- Voila! Enjoy your pitta breads! I filled mine with homemade tandoori chicken and salad, a great lunch!



Homemade Pizza!

Pizza is a firm favourite in most households, and you'll be pleased to know that it's very easy to make! If like me, you don't eat cheese, this can be a great way to enjoy Pizza with friends and family as you can choose your toppings! Get as creative as you like!

Tip: If you have already tried the pitta bread recipe, then a pizza base is very similar - great for your confidence!



Here's Gennaro Contaldo's recipe for Margherita pizzas, including how to make and knead the base
[:https://www.youtube.com/watch?v=1-SJGQ2Hlp8](https://www.youtube.com/watch?v=1-SJGQ2Hlp8)

Here's Jamie's 'Keep Cooking and Carry on' method that uses self-raising flour as a swap out for the traditional bread flour and yeast:

https://www.google.com/search?q=jamie+oliver+making+pizza&rlz=1C1AVSF_enGB840GB841&oq=jamie+oliver+making+piz&aqs=chrome..69i57j0l7.4391j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=_diKoXo2CMOme1fAPzfaWwA449