

BREAD ALTERNATIVES

NAAN BREAD

200 G BREAD FLOUR

3 TBS WARM MILK,

3 TBS PLAIN YOGURT

1 TEASP DRIED YEAST

½ TEASP SALT

1 EGG VEGETABLE OIL

Mix the flour with the salt, stir in milk, beaten egg and yogurt. Mix to a soft dough and on a floured surface knead for 5 mins. Leave to rise in an oiled bowl, covered in cling film in a warm place to double in size. Divide into four and kneed in herbs or spices of your choice. Roll out to thin pear shape, oil and grill under hot grill or fire until risen and golden.

FLAT BREAD

150G YOGHURT

150G SR FLOUR

½ TEASP BAKING POWDER

½ TEASP HERBS OF YOUR CHOICE

Mix all together and knead into a dough for few mins. Divide into 6 and roll out into 3mm thick circles. Dry fry in a hot pan for a couple minutes on each side and keep warm till needed.

GRAM FLOUR PANCAKES

25ML OLIVE OIL

250ML CHICKPEA (GRAM) FLOUR

1 TEASP. SALT

Whisk the flour and salt with 250ml of water. Whisk out any lumps. Cover the base of a non-stick frying pan with olive oil and heat until a drop of batter sizzles when hot. Cook as for pancakes.

CHAPATIS

225G WHOLEMEAL FLOUR

OIL OR MELTED BUTTER

To the flour gradually mix in 150-200ml water to form a stiff paste. Knead thoroughly for 6 mins until smooth and elastic. Rest for 15mins covered with a damp cloth. Divide into six and roll each into smooth balls. Dip the ball in flour and roll on floured surface to about 18cms in diameter. Heat a flat pan till hot, then cook chapatti over a low heat until lightly browned on both sides, then continue to heat , with a clean towel, press down the edges to trap the steam and make the chapatti puff up.

OATMEAL SCONES

50G MEDIUM OATMEAL

50G WHOLEMEAL OR PLAIN FLOUR

PINCH SALT

1 TEASP SUGAR

½ TEASP CREAM OF TARTAR

¼ TEASP BICARB OF SODA

15G DRIPPING, FAT OR OIL

Mix all dry ingredients, Rub in fat, Mix to a soft dough with 3 tabs milk or water. Roll out on floured board to about 7mm thick and cut into rounds. Cook on a hot pan or griddle for about 4 mins each side.

POTATO SCONES

225G COLD MASHED POTATO

50G FLOUR

SALT TO TASTE

KNOB BUTTER OR MARGARINE

Mix all ingredients but only adding the flour gradually until a working dough is produced. Roll out thinly, cut into rounds. Cook on hot griddle or pan for 3mins each side until golden.

SCONE PIZZA

110 SR FLOUR

PINCH SALT

½ tsp BAKING POWDER

25G MARGARINE

Rub fat into flour, and gradually add spoonfuls of milk and water to make a soft dough. Roll out on lightly floured board to about 1cm thick. Place on baking sheet and spread with ingredients of your choice, e.g. sliced tomato, onion, mushrooms, cheese and herbs. Bake in hot oven for 15-20 mins.

CLASSIC CORNBREAD

1/3 CUP VEGETABLE OIL

1 CUP CORNMEAL

1 CUP FLOUR

SUGAR ACCORDING TO TASTE

3 ½ TEASP BAKING POWDER

½ TEASP SALT 1 EGG

1 CUP BUTTERMILK (OR MILK WITH LITTLE LEMON JUICE ADDED)

Prepare hot oven, and grease 9 by 13 inch baking dish with oil. Mix all dry ingredients. Whisk the rest and fold into the dry ingredients. Transfer to baking dish and bake until a needle inserted into the centre comes out clean, 10 to 12 mins. Transfer to rack and let cool for 15mins before serving.

BASIC POLENTA MASH

1 CUP CORNMEAL

5 CUPS BOILING WATER

Whisk meal into boiling water and season to taste. Can add herbs, vegetables, cheese as a bread or potato substitute.

SAVOURY PANCAKE

6OZ PLAIN FLOUR

1 ½ TEASP. BICARB OF SODA

1 EGG

280 ML. BUTTERMILK (OR MILK WITH DROPS OF LEMON JUICE)

Mix dry ingredients. Gradually whisk in egg and buttermilk until the flour is absorbed. Heat griddle pan, brush with oil and spoon heaped tablespoons mixture into pan spacing them a few inches apart. Cook for 1-2 mins, until bubbles appear on the surface. Turn and cook for further 1 min until golden.

To the basic batter mix you can add savoury items of choice. Eg. Sundried tomatoes, herbs, onion or finely chopped vegetables.