



Sweet Potato Flatbread

Season: Autumn/Winter

Serves: 32 small flatbreads

Recipe source: Adapted from a recipe by Foster Primary School, Victoria

Fresh from the garden: sweet potatoes

This variation of a basic Indian flatbread recipe uses soft roasted sweet potatoes to flavour and moisten the dough.

EQUIPMENT:

metric measuring scales and spoons
tea towel
chopping board
cook's knife
2 baking trays
bowls – 1 medium, 1 large
potato masher
mixing spoon
rolling pin
2 heavy-based frying pans
spatula or egg flip
tongs
foil

INGREDIENTS:

1 kg sweet potatoes, cut into 2 cm chunks
2 tsp sea salt
5 tbsp extra-virgin olive oil
1 kg plain flour, plus a little extra for dusting
a little extra water for the dough, if required

WHAT TO DO:

1. Preheat the oven to 180°C.
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. Roast the sweet potatoes on a baking tray in the oven until soft.
4. Remove the sweet potatoes, place in the medium-sized bowl and mash until smooth. Mix through the salt and olive oil.
5. Put the flour into the large bowl, add the sweet potato mixture and mix it together. If the dough is too crumbly and won't combine, add a tablespoon of water at a time and mix until the dough combines without sticking to your hands.
6. Sprinkle some flour on a clean workbench.
7. Place the dough on your workbench and knead until the dough is smooth and elastic, about 8 minutes.
8. Roll and shape the dough into a long log and divide with a knife into 32 even pieces, each approximately the size of a walnut.



Sweet Potato Flatbread continued

9. Flatten each piece of dough with your hand, then roll it out thinly with the rolling pin to about 10 cm in diameter.
10. Set both frying pans to heat while the dough is being worked.
11. Place a few flattened discs of dough at a time into the hot, dry pans and cook them for 2 minutes. Flip them over with your spatula and cook for a further 2 minutes. You want the flatbread golden, with a few bubbles and darker spots, but not charred.
12. Transfer the cooked flatbreads to a baking tray using tongs. Cover the tray in foil to keep the flatbreads warm until you are ready to eat.

