

Chinese Sesame Flatbread

Source: cookinginchinglish.com

Equipment • Scales • Measuring spoons and cups • Fork • Bowls • Small pan • Wooden spoon • Roller • Spatula • Knife • Plate • Baking tray • Baking paper	Dough ingredients • 200g of plain flour plus more for dusting • ½ tsp of salt • 1 tbsp of sugar • ¼ cup of hot water • ¼ tsp instant yeast • ⅓ cup of cold water • 1 tbsp vegetable oil, plus more for greasing. Oil paste • 2 ½ tbsp of vegetable oil • 1/3 cup of cake flour Topping • 4 tbsps toasted white sesame seeds
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What to do:

Making the dough

1. Mix flour, salt and sugar together in a mixing bowl before adding in hot water. Stir and mix with a fork until it becomes lumpy.
2. Add yeast, cold water and oil. Stir with a fork until the liquid is all absorbed by the flour, and then knead. The dough will be very sticky, so just knead until you're able to form a ball. Grease the dough with oil and cover with plastic wrap before allowing it to rest for 20 - 30 minutes.

Making the oil paste

1. Heat the oil in a small pan on medium heat until it's hot. Add in the cake flour and stir until smooth. Continue to cook and stir until it darkens a bit and becomes aromatic. Pour the paste in a bowl and let it cool down.
2. Preheat the oven to 220°C.

Forming the bread

1. Dust the bench with a thin layer of flour, roll the dough out to an approximately 25cm x 40cm rectangle.
2. Spread the oil paste using a spatula on the dough, leaving 1 cm on the top.
3. Roll the dough from the bottom all the way up, pinching the seam at the end to close.
4. Cut the roll into 6 even pieces and gently press each piece down to flatten a bit and bring the two 'cut' sides to the middle and pinch them together (it's ok if they don't stay together perfectly).
5. Gently roll each piece out to an oval shape and then fold the top third of the dough down and the bottom third up. After finishing all six pieces, repeat this step again for each piece. Cover and let rest for 10 minutes.
6. Put sesame seeds in a small plate and lightly press the smooth side of each piece of dough into the plate of sesame seeds.

Baking

Roll each piece out to about a 7cm X 15cm rectangle. Place the pieces on a lined baking sheet and bake for 12 minutes or until the top is golden brown.