

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 30g cheddar cheese
- 1 slice of smoked ham
- 4 fresh chives
- 50g ripe cherry tomatoes
- English mustard, to taste
- 4 tbsp strong white bread flour
- 1 level tsp baking powder
- 1 tbsp natural yoghurt
- ¼ tsp salt
- 1 tsp olive oil
- 4 tbsp water

Equipment

- Whisk/ fork
- Paring knife
- Yellow Chopping board if using cooked meat
- Brown Chopping board
- Scrap bowl
- Frying pan
- Plate
- Tablespoon, Teaspoon
- Fish slice/ slotted spatula
- Measuring jug
- Grater



Folded Flatbread



Ingredients

- 30g cheddar cheese
- 1 slice of smoked ham
- 4 fresh chives
- 50g ripe cherry tomatoes
- English mustard , to taste
- 4 tbsp strong white bread flour
- 1 level tsp baking powder
- 1 tbsp natural yoghurt
- 1/4 tsp salt
- 1 tsp olive oil
- 4 tbsp water

Method

1. Prepare your filling - grate the cheese, slice the ham, finely chop the chives and quarter the cherry tomatoes.
2. Measure out the strong white bread flour – place into sieve over a medium mixing bowl.
3. Add baking powder, yoghurt, sea salt and water then whisk together until smooth.
4. Put 1 tsp olive oil into frying pan.
5. Evenly pour and then use spatula to spread the batter across the base of the pan.
6. Fry on a medium heat. As it starts to cook, you may need to drizzle a little oil around the edge of the pan. When the top starts to bubble, loosen the edges with a spatula, jiggling the bread in the pan.
7. Spoon over your toppings, add a pinch of black pepper, then fold one half of the bread over the other. Reduce to a low heat, cook for 2 minutes more on each side, or until beautifully golden.
8. Slide out, let it cool for a minute, slice and enjoy.