



Italian Flat Bread with Sage

A dairy-free flat bread that is good enough to eat on its own - no need for butter.

Preparation Time : 20 minutes plus time for proving/rising

Cooking Time : 35 minutes

Ingredients

1/2 oz / 15 g dried yeast
2 tsp salt
1 lb / 450g strong white bread flour (preferably unbleached)
5 tbsp extra virgin olive oil

Herbs & Spices

1 tsp Sage

Cooking Instructions

Dissolve the yeast in 1/2 pint / 275ml of lukewarm water. Mix the salt with the flour, make a well in the centre and add the yeasty water and 4 tbsp of the olive oil. Knead until the dough is smooth and elastic. Place the dough in a lightly oiled bowl, cover with clingfilm and leave to rise in a warm place until doubled in size.

Preheat the oven to 200C/400F/gas mark 6.

Knock the dough down again in the bowl, then turn out and knead again, adding the sage. Knead until sage evenly distributed. Heat a metal baking sheet in the oven. Shape the dough into a flatish circle about 30 cm in diameter. Dimple the surface of the dough with your finger and dribble the remaining oil over it. Pick it up and quickly toss it onto the hot baking sheet (don't worry if the shape becomes distorted). Bake for 35 minutes or until a deep golden colour. Cool on a rack, then wrap and keep in a bread tin. If desired the bread can be reheated for 10 mins in a hot oven before serving.