

## Eastern breads

for 6 people

■ 1,1lb of flour, 1 yoghourt, 1 table-  
spoon with of oil, some water, and a  
large pinch of salt.

■ Mix the flour and salt, add  
yoghourt and oil. Knead with  
the hand by adding water, until  
the dough is firm, flexible and  
elastic.

■ Let rest in a salad bowl  
covered of wet cloth during  
30 minutes, at ambient  
temperature.

■ Knead the paste and form  
small balls of the eggs size.

■ Coat them with flour, and  
form fine wafers.

■ Put the wafers directly under  
the broill to the maximum. As  
soon as bubbles were formed,  
and the bread is coloured, turn  
over wafers. Put out when the  
other face is coloured.

■ *To soak in a sauce. The cooking is very fast, approximately 1 minute for each face, and requires your permanent attention. The quantity of water necessary depends on the nature of the flour. You can add spices or herbs. You can also cook them in a frying pan.*

