Fried green tomatoes
with yoghurt

Makes around 16 slices
Fresh from the garden green tomatoes, eggs
At the end of autumn there are usually some tomatoes that have not
ripened. They are still delicious either cooked as below or made into a
pickle. Polenta is made from a special variety of ground-up sweetcorn.
It can be fine or coarse. The finer variety is best for this dish.

Equipment
2 baking trays
chopping board
serrated knife
plate
2 shallow bowls
fork
metric measuring cups
medium non-stick
frying pan
egg lifter for non-stick pan
serving plate
small serving bowl

Ingredients
4 large green tomatoes, or 6
medium green tomatoes
2 eggs
1 cup fine polenta
(cornmeal)
½ cup olive oil
salt
freshly ground black pepper
1 cup yoghurt
tomato into the egg, then into the polenta. Place the polenta-coated
slices in a single layer on the nearby baking tray.

Heat a 1 cm layer of oil in the frying pan over a medium heat.
Carefully lower a few tomato slices into the hot oil and leave
undisturbed for a few minutes. Once the coating is crisp, turn
carefully, using the egg lifter, and fry the other side.

Remove the cooked and crunchy slices to the warm baking tray
and return it to the oven. Repeat with the remaining slices.

Arrange the fried green tomatoes on the serving plate and season
with salt and pepper. Spoon the yoghurt into the small serving bowl
and place it on the plate.

What to do
Preheat the oven to 120°C and place one of the baking trays
in the oven to keep warm.

Set out the chopping board and serrated knife. Cut off the top and
bottom of the tomatoes and place in the compost bucket. Then cut
each tomato into 3 or 4 thick horizontal slices. Stack the slices of
tomato on the plate.

Crack the eggs into one of the shallow bowls and whisk with
the fork. Put the polenta into the second shallow bowl and place the
second baking tray alongside. Using one hand only, dip slices of

BOTTOM DRAWER
• Cooking Term/Techniques  • cutting tomatoes
  with a serrated knife  • working in batches

AUTUMN 18
Flatbreads to serve with curry

Makes 8 x 10 cm breads
This recipe is so easy you will want to make flatbreads often. Flatbreads are great served warm with a selection of dips. Try Broad-Bean Dip (page 86), Skordalia (page 87) and Hummus with Paprika Oil (page 119). The dough used to make this bread has to rest for about 30 minutes. In the classroom, each class prepared the dough ahead for the next class. At home, you could work on the other recipes in this menu while you wait.

Equipment
- bowls – 1 small, 1 large
- metric measuring spoons and cups
- scales
- electric mixer with dough hook
- tea towel
- baking tray
- heavy-based 24 cm frying pan
- large knife
- rolling pin

Ingredients
- ½ teaspoon salt
- ½ cup lukewarm water
- 1 tablespoon extra-virgin olive oil
- 250 g plain (all-purpose) flour, plus extra for dusting

What to do

- In the small bowl, dissolve the salt in the warm water. Add the oil. Weigh the flour, then place it in the bowl of the electric mixer with the dough hook attachment fitted. With the motor running, trickle in the water and oil mixture. Run the motor for about 8 minutes until the dough looks smooth.
- Tip the dough into the large bowl (make sure it’s very dry) and cover with the tea towel (the tea towel must be very dry also). Leave the bowl in a draught-free place for 30 minutes.
- Preheat the oven to 120°C and place the baking tray in the oven to keep warm.
- Heat the heavy-based frying pan for at least 5 minutes until very hot. Meanwhile, using the large knife, divide the dough into 8 pieces, each the size of a small egg. Flour the workbench. Flatten each piece of dough to a round and roll out thinly. As each piece is rolled, slap it into the hot dry pan and cook for 3 minutes. Flip the flatbread over and cook for a further 3 minutes. Depending on the size of the pan, you should be able to cook a few flatbreads at a time.
- As the flatbreads cook, they will develop a few bubbles and brown splotches. This shows they are done. Transfer the cooked flatbreads to the warm baking tray and return the tray to the oven. Continue cooking in batches until all the dough has been used. Serve alongside a curry.

Bottom Drawer

Interesting terms/techniques • working in batches

Question: In what way are these flatbreads different from pizza?

Answer: Flatbreads do not rise; pizza dough rises.

96 Autumn
**Indian Flatbread**

*Recipe Source: Foster Primary School*

Flatbreads generally include leavened bread, such as pita, or unleavened, such as mountain bread. Both types are common throughout the Middle-East and beyond, and are popularly used as wraps as well as toasted for salads, dips and sauces. In an Indian village the ‘fat’ would have butter made from buffalo milk.

**Note:** You will shape and bake your own bread, then make a batch of dough to rise for the class.

**Equipment:**
- To cook the bread:
  - 2 baking trays
  - 2 heavy-based frying pans
  - rolling pin
  - spatula or egg flipper
  -ongs
- For the dough:
  - metric measuring spoons and scales
  - bowls – 1 small, 1 large
  - mixer with large bowl and dough hook attachment
  - clean tea towel

**Ingredients:**
- To cook the bread:
  - flour for dusting the workbench
- For the dough:
  - 2 teaspoons sea salt
  - 2 cups lukewarm water
  - 5 tablespoons extra virgin olive oil
  - 1 kg plain flour, plus a little extra for dusting

**What to do:**
You will form your breads using the dough made for you by the previous class. At the end, you will make the dough for the class following you.

Preheat the oven to 120 °C and place the baking trays in the oven.
Tip out the dough and divide it into 32 even pieces, each the size of a small egg.
What do you think the best method is to divide the dough?
Do not play with or knead the dough – if you do your bread will be tough to eat!
Dust the workbench with some flour.
Flatten a piece of dough (using the heel of your hand) into a round shape and use the rolling pin to roll it out thinly, to about 10 cm in diameter.
While the dough is being shaped, heat both frying pans until hot.
Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes. Flip it over with your spatula and cook for a further 3 minutes. You should be able to cook a few at a time.

As the flatbreads cook they will develop a few bubbles and brown splotches. This shows they are done.

Using tongs, transfer the cooked flatbreads to one of the warm baking trays and return them to the warm oven until we are ready to eat.

To make the dough:

1. In the small bowl, dissolve the salt in the water. Add the oil.
2. Place the flour in the large bowl of the mixer. Attach the dough hook.
3. With the motor running, trickle in the oil, salt and water mixture. Mix for about 8 minutes or until the dough looks smooth.
4. Tip the dough into a large bowl and cover with a dry tea towel.
5. Leave to rest for the next class.
Basic Egg Noodles

Fresh from the garden: eggs

Recipe Source: This recipe is adapted from an original recipe by Lee Geok Boi in Classic Asian Noodles (Marshall Cavendish 2007).

This simple recipe uses the weight of the eggs in their shells to determine the amount of flour required (double the weight of the eggs) and half a teaspoon of bicarbonate of soda to every egg used. You can work out how much noodle you will make by first weighing your eggs, then adding to that weight double the amount of flour.

Season: All
Type: Basics
Difficulty: Intermediate
Serves: Your portions will depend on the weight of your eggs, but a good rule of thumb is 1 egg per at-home serve.

Equipment:
- metric measuring scales
- sifter
- large bowl
- pasta machine with noodle cutter attachment
- clean tea towels

Ingredients:
- 1 teaspoon bi-carb soda
- 1½ teaspoons salt
- plain wheat flour (double the weight of the eggs in their shell)
- 2 eggs in their shells
- corn flour, for dusting

What to do:
- Weigh the eggs to determine how much flour to use.
- Sift the bi-carb, salt and flour into a large bowl.
- Break the eggs into the flour and knead until the dough is smooth.

To make the noodles:
- Divide the pasta into 4 balls.
- Clear a large space on the workbench alongside the pasta machine. Make sure all surfaces are clean and dry. You can cover them with clean tea towels.
- Shape the dough into a round ball and press it down on the board to flatten it. Fold in both sides, in rough thirds, to make a rectangle about 8 cm wide with folded sides. Sprinkle with corn flour on both sides. The dough can be quite dry at first, but keep working it and be very careful with sprinkling flour.
- Set the rollers on the pasta machine to the widest setting and pass the folded dough through. Keep it aligned so that the folds run vertically up the rectangle as you pass it through.
- With the long side of the rectangle nearest you, fold left and right sides in again, in thirds, to form a shorter, fatter rectangle. Again, place it with the folds running vertically up the piece of dough and roll it through the rollers. Do this 3–4 times, folding long sides into the centre each time.
Change the machine roller setting to the next-thickest setting and pass the dough through another 3–4 times. You do not need to fold it.

If the dough starts to stick, sprinkle a pinch of corn flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.

Continue changing the settings and passing the lengths of dough through until the dough has passed through the second thinnest setting. Don’t fold it again after the first (thickest) step. If the dough gets too long to handle comfortably, cut it into 2–3 pieces using the large knife, then continue to roll each piece separately. Sprinkle with corn flour on both sides.

Finally, change the pasta machine setting to a noodle cutter attachment and pass your dough through it.

Let your long, thin strands of pasta dry on the tea towels, sprinkled with corn flour, while you work on each of the remaining pieces of dough.