

Piadina / Flatbread

This flatbread originates in Northern Italy and is called Piadina. Traditionally it is eaten with cured meats and soft cheese, but you can fill it with anything you like,

Ingredients

500g plain flour

Sea salt

3 tablespoons extra virgin olive oil

Lemon

Rosemary

Equipment

Large bowl

Cling film

Fork

Frying pan/ char grill pan

Rolling pin

Pastry brush

Method

1. Sieve the flour into a bowl and make a well in the centre. Add the salt and olive oil and about $\frac{1}{2}$ cup of warm water. Using your hands mix the ingredients to form thick dough.
 2. On a clean surface knead the dough until it is smooth and elastic. Place it in a lightly oiled bowl, cover with Clingfilm and place in the fridge for about 20 minutes. Do not clean the workbench as you will use it again soon.
 3. Divide the dough into egg size pieces. Knead the individual pieces until they are smooth. Roll the pieces into circles 3mm thick.
 4. Prick the piadine with a fork to prevent them from filling with air as they cook. Cook in a super hot frying pan they only need about a minute on each side.
- You may serve it as part of an antipasto brushed with olive oil rosemary, and a squeeze of lemon.