

# 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

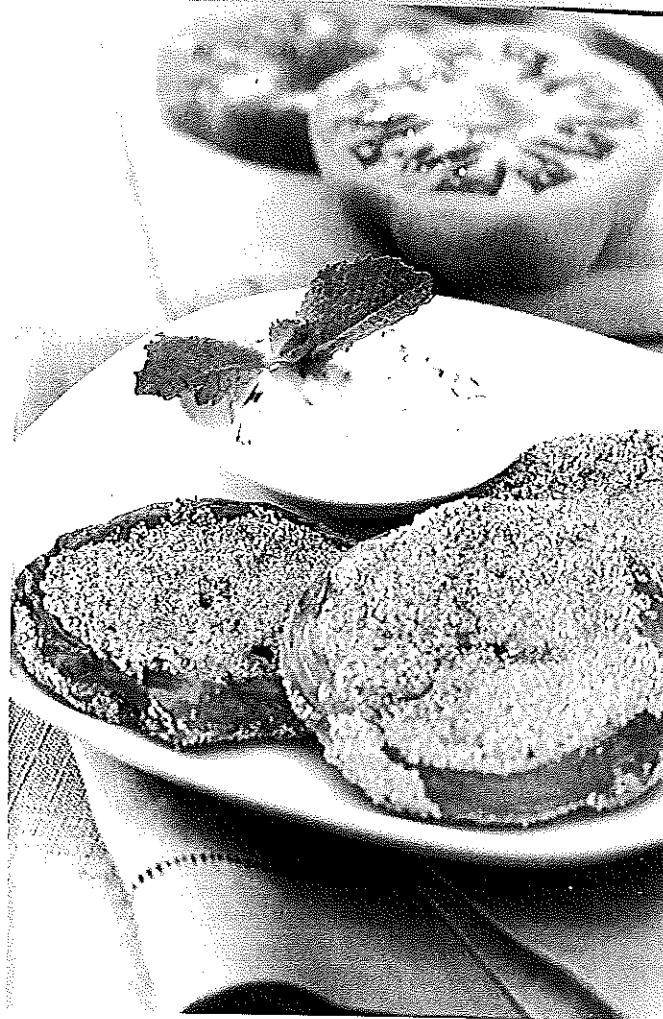
2 baking trays	metric measuring cups
chopping board	medium non-stick
serrated knife	frying pan
plate	egg lifter for non-stick pan
2 shallow bowls	serving plate
fork	small serving bowl

## Ingredients

4 large green tomatoes, or 6 medium green tomatoes	½ cup olive oil
2 eggs	salt
1 cup fine polenta (cornmeal)	freshly ground black pepper
	1 cup yoghurt

## 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

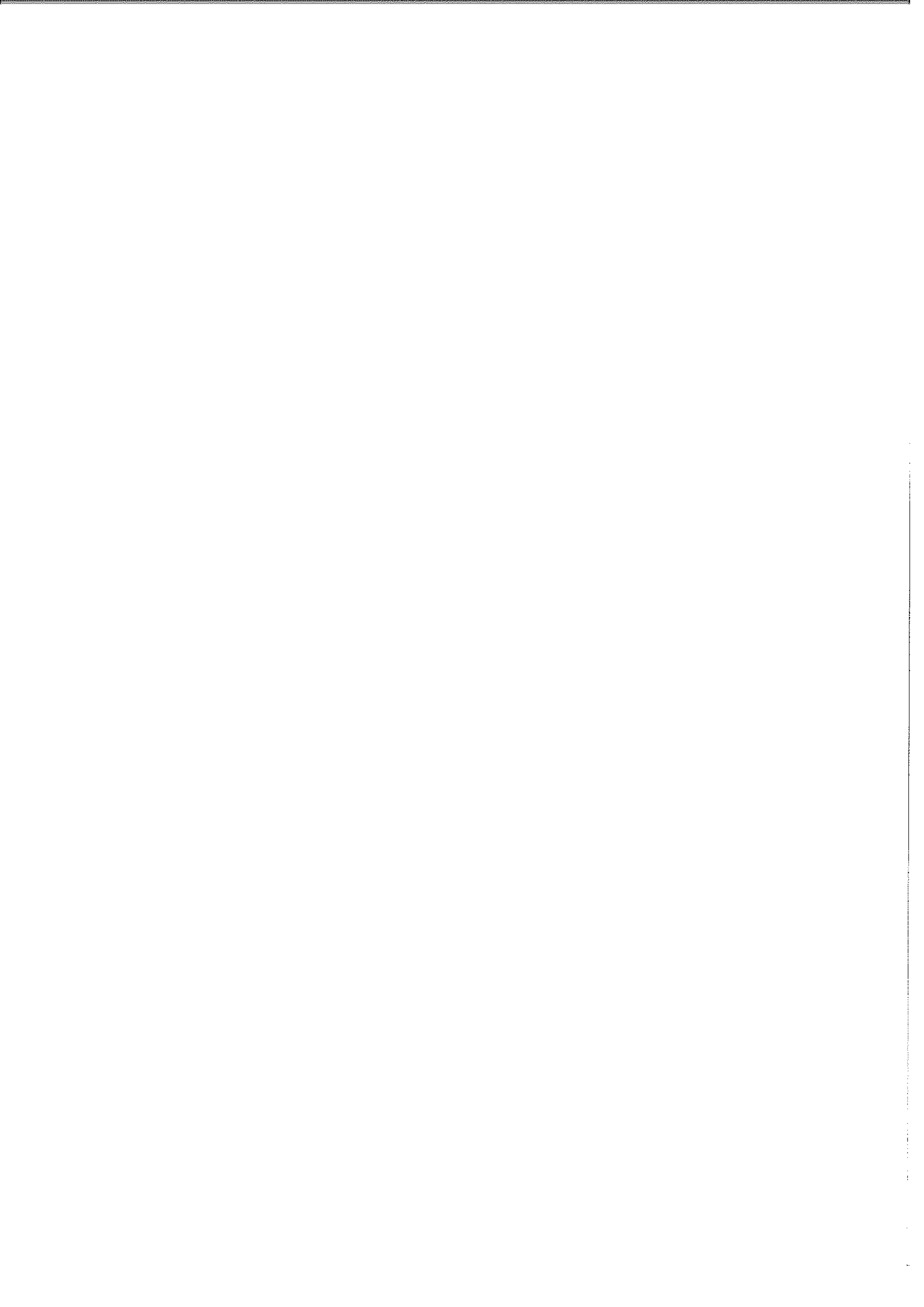


tomato into the egg, then into the polenta. Place the polenta-coated slices in a single layer on the nearby baking tray.

- ✦ **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.

### BOTTOM DRAWER

Interesting terms/techniques • cutting tomatoes with a serrated knife • working in batches



# Flatbreads to serve with curry

Makes 8 × 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	tea towel
metric measuring spoons and cups	baking tray
scales	heavy-based 24 cm frying pan
electric mixer with dough hook	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?

to prepare as it does not need to prove/rise like pizza dough.

Answer Flatbread dough does not have yeast, which means it is quicker





# Indian Flatbread

Season: All  
Type: Breads  
Difficulty: Easy

Serves: Makes 32 small flatbreads

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 been butter made from buffalo milk.

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

## Equipment:

### To cook the bread:

2 baking trays  
2 heavy-based frying pans  
rolling pin  
spatula or egg flipper  
tongs

### 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.

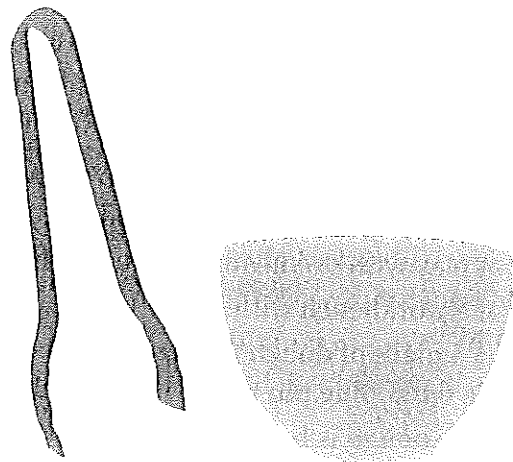


*Indian Flatbread continued*

- ❖ 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:**

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





## Basic Egg Noodles

**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.

**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).

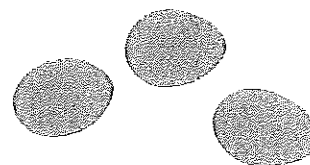
This simple recipe uses the weight of the eggs in their shells to determine the amount of flour required (double the weight of the eggs) and half a teaspoon of bicarbonate of soda to every egg used. You can work out how much noodle you will make by first weighing your eggs, then adding to that weight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

### 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.

