



Gilchesters Organics
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Chickpea Moroccan Flatbread

From Jamie Oliver's book
"The Return of the
Naked Chef"

Ingredients you will need:
Unbleached white flour
Fresh yeast
Cumin seeds
Corriander seeds
Chickpeas

2lbs	Gilchesters Organic Stone ground Unbleached White
2 tsp	salt
1oz	fresh yeast
	just over 1 pint of warm water
2 tbsp	Sunflower or Olive Oil
1 tbsp	Cumin seeds, lightly cracked
1 tbsp	Coriander seeds, lightly cracked
1 small tin	Chickpeas, drained and mashed

Allow to prove until double in size. Make 24 individual oval breads and bake for about 8 min at 230C directly on the oven shelf.