

Warrigal greens Flatbread

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 200g Warrigal greens, leaves only
- ☐ 4 cups plain flour
- ☐ 1 teaspoon salt
- ☐ 100g butter
- ☐ 1 ½ cups milk
- ☐ Rice bran oil, for cooking

Equipment:

- ☐ Metric measuring scales, cups and spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Medium saucepan
- ☐ Medium mixing bowl
- ☐ Small saucepan
- ☐ Cling wrap
- ☐ Rolling pin
- ☐ Frypan
- ☐ Tea towel

Method:

1. Bring water to a boil in a medium saucepan. Blanch Warrigal greens leaves in boiling water for 2 minutes. Remove from boiling water using a slotted spoon and place into a mixing bowl of iced water. Once chilled, strain and finely chop greens. Set aside.
2. Combine butter and milk and heat until butter is melted. Allow to cool slightly.
3. Combine flour, salt, chopped Warrigal greens and melted butter/milk mixture in a mixing bowl. Knead until smooth, add extra flour if too sticky.
4. Wrap with cling wrap and leave for 20-30 minutes to rest.
5. Dust bench top with a little flour, tip out dough and divide into around 25 evenly sized balls.
6. Roll into 3mm thick rounds.
7. Cook in oiled frypan for 1 or 2 minutes on each side until brown spots appear.
8. Keep warm wrapped in a clean tea towel until ready to serve. Enjoy! 😊