

Roqaq

Season: All

Serves: 30 tastes in the classroom
or 6 serves at home

In Ancient Egypt, bread was an important food which was made every day. The Ancient Egyptians used barley flour, as wheat was not commonly used until the New Kingdom (from about 1550 BCE). Breads were made into many shapes and some were unleavened (flat). These flatbreads sometimes had fillings, such as an egg. *Roqaq* ('rok-kak') is a very simple flatbread that is still made in Egypt today in a city called Asyut, where it is served with aged cheese (*mesh*), or broken into a soup of meat, vegetables and broth. In some areas a similar flatbread is called *feteer* ('fett-er').

Equipment:

metric measuring scales
and cups
large bowl
rolling pin
baking trays

Ingredients:

450 g plain flour, plus extra
for dusting
pinch of salt
1 cup water

What to do:

1. Preheat the oven to 200°C.
2. Place the flour and salt in the large bowl.
3. Add the water and mix together with your hands.
4. When the dough comes together into a rough ball, knead it for 5 minutes.
5. Break off egg-sized pieces and roll them into balls.
6. Sprinkle some flour onto a clean work surface.
7. Using a rolling pin, roll each ball until it is flat and thin.
8. Gently lift the rolled dough and transfer to the baking trays.
9. Bake in the oven for 2 minutes for soft *roqaq* or 5 minutes for crispy *roqaq*.
10. Serve immediately.

