

by HELEN K - DMC	
Cotswold Pan Bread	

2215 QD

A This bread is infinitely more delicious, healthier and a lot cheaper than any shop-bought bread! It's really quick and easy to make as well – no waiting for it to rise - and no baking in the oven! That's right – No oven required!

B As if all that wasn't enough, this bread also makes a fantastic pizza base! Keep an eye on CONNECT magazine over the next few weeks for a mouth-watering pizza recipe. Not only that, to contrast with these savoury versions there are the sweet ones.

And mums - due to the simplicity of making this bread it lends a great opportunity to involve the children.

C **DESCRIPTION:**

A bread with flavour, texture and a fabulous colour, cooked in a most unexpected way - in a frying pan!

1 **METHOD:**

Sieve the two types of flour into the bowl. The wholemeal flour won't sieve completely – when the fine flour has passed through the sieve, empty the remainder [the bran] into the bowl.

Add the baking powder, salt, black pepper, cumin and turmeric to the flour and mix well.

2 Finely chop the sun-dried tomatoes [if using], add to the flour and mix well.

3 Add the milk and the oil – and again - mix well.

4 Pick up the dough by hand. Use the dough to pick up any remaining flour from the bowl. Knead with your hands a little.

Sprinkle flour [white flour works best] on the surface you're going to roll the dough on.

Roll the dough, using a rolling pin, to a minimum thickness of approximately 1cm.

Cut the dough into muffins using a tumbler or pastry cutter.

5 Heat a frying pan, covered with a lid, [or foil] over a low heat.

Place the dough circles in the pan, leaving a little space between each.

You'll need that space to help getting them turned over.

Replace the lid on the pan.

Cook for about 5 minutes on each side.

When the muffins are slightly browned and feel solid on both sides, they're ready! Yah!

- 6 The muffins can be enjoyed as they are, buttered, with a topping or sandwiched with a filling. Or they can be lightly toasted under the grill. TIP: buttering the muffins BEFORE toasting under the grill works brilliantly – the happy result of a mistake! [the same goes for any bread - not that you'll want any other bread once you've made this!]

You could leave out the black pepper, cumin or turmeric - but all of these spices are believed to be extremely health-enhancing, especially turmeric. Some links about the believed health benefits are included at the end.

The approximate cost of a batch is £1.50 [50p without sun-dried tomatoes.]

**D MAKES / SERVES:**

16-20 muffins

**E INGREDIENTS:**

8oz white plain flour

6oz wholemeal bread flour

5 rounded teaspoonfuls baking powder

A pinch of salt

Generous sprinkling of black pepper

1 rounded teaspoonful ground cumin

1 rounded teaspoonful ground turmeric

6 sun-dried tomatoes [optional]

250ml milk

8 teaspoonfuls olive oil

[or if using sun-dried tomatoes, 6 teaspoonfuls olive oil and 2 teaspoonfuls of oil from the sun-dried tomatoes]

**F SPECIAL REQUIREMENTS:**

Scales [not essential] – flour could be measured with a tablespoon

Sieve [ideally]

Frying pan

Lid for pan [ideally – or use foil]

Bowl and spoon

Measuring jug [not essential] – milk could be measured with a tablespoon or even a mug]

Rolling pin

Suitable work surface for rolling dough

Pastry cutter or tumbler

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H Chef's website / other platform  
[TetburyCONNECT-M3.com](http://TetburyCONNECT-M3.com)

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[LINK:](#) Turmeric: More Than Just A Spice

[LINK:](#) Cumin Benefits

[LINK:](#) 15 Health Benefits of Black Pepper

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