

Sahni's kūmara flatbreads

Ingredients

- 1 large or 2 small kūmara or cuts of pumpkin of equivalent size
- 1 1/3 cup warm/tepid water
- 3 teaspoons of yeast
- 1 teaspoon of salt
- 2 tablespoons of honey or coconut sugar or any sugar
- 3 cups of flour (Sahni uses spelt, but any flour is good)

Method

Tahi

- Wrap kūmara or pumpkin in tin foil and pop on the BBQ or in the oven until soft.
- If you are lucky enough to have any root vegetables (kamokamo, pumpkin, or potatoes) left over from a hāngi, or any other meal, use these – no need to cook them further.

Rua

- Add the water into a large bowl, then add the yeast, salt, and honey/sugar. Put the bowl to the side and the mixture will bubble up a little as the yeast activates.

Toru

- Add the flour.

Whā

- Scoop out the kūmara or pumpkin flesh and add it to the dough. Mix gently to combine.
- Tip the dough out onto a floured surface and knead by pushing/folding the dough away from you, and then pulling it back towards you. Repeat for about 10 minutes.
- If your dough is too sticky, add flour a little at a time until it comes together in a doughy bouncy ball.

Rima

- Put the dough back in the floured bowl and put a tea towel over the top. Put aside in a warm place for about an hour.

Ono

- Your dough should have doubled in size. If it hasn't, leave it a bit longer.
- Once it's ready, pull off small handfuls and roll them out into flatbreads.
- Either barbecue or cook them in an oiled pan (use cast iron if you can as it's better for your body and holds the temperature evenly) on a medium temperature.
- When the bottom side is browning and the top side is bubbling, flip the bread.

To serve

- These are delicious drizzled with flavoured melted butter – all you need to do is melt butter and add any of these: sage, miso, horopito, Kawakawa, garlic, rosemary.
- Fill the bread with salads, sauces, ika mata, or anything you love.

