

Savoury Wraps

This recipe will make 5 wraps, with a preparation time of 30 minutes and a cooking time of around 4 minutes a wrap.

Ingredients

350g/12oz of Glutafin Select Multipurpose White Mix

350ml/12floz of boiling water

2 x 15ml tbsp of vegetable oil

1 x 5ml tsp of Xanthan gum

½ tsp of salt

1 sachet yeast (enclosed with the Mix)

Method

1. Mix 225g/7oz of the White Mix with the boiling water and the oil and mix to a paste.
2. Leave for 3 minutes before adding the remaining ingredients, the stir by hand and bring together, to form a sticky ball of dough.
3. Knead on a work surface lightly dusted with White Mix, then divide into 5 pieces.
4. Roll out each piece on a 25cm/10inch cut out circle of parchment paper. Place one at a time, still resting on the baking parchment, in a heavy based non stick pan.
5. Cook over a gentle heat for 2 minutes, until the dough just starts to brown on the underside. Turn over using a spatula, remove the paper and cook until the underside also starts to gently brown.
6. Continue until all the 5 wraps are made. Fill or wrap as required and store for up to 3 days, in an airtight bag.

7. Take the airtight bag from storage and sprinkle with a little water, wrap loosely in kitchen paper and heat for 10 seconds in a microwave oven, before serving.