



Panasonic Breadmaker Recipe

Pitta with Poppy Seeds

Ingredients

1 tsp yeast
500g (1 lb 2oz) strong white flour
1 ½ tsp sugar
2tbsp olive oil
1 ¼ tsp salt
300ml water
Houmous

Carrot Salad

2tbsp olive oil / 2tbsp honey
2tbsp orange juice
4 washed and peeled carrots
50g raisins
2tbsp poppy seeds
A few sprigs of fresh coriander

1. Put the ingredients in the pan in the order listed to the left.
2. Set the breadmaker to the pizza dough program.
3. Turn the dough out onto a floured surface and divide into 12 pieces. Rollout the portions into oval pitta shapes, around ½ cm thick. Bake the pitta on a lined baking tray at 200°C for about 5-10mins (If the weather permits cook them on the barbeque grill you'll get a fantastic colour and flavour).

For the Salad

Place the oil, honey and orange juice in a mixing bowl and whisk together lightly. Grate the carrots into the bowl over the dressing; add the raisins, poppy seeds and coriander and mix well to ensure the salad is dressed.

To Serve - Cut each pitta bread in half and spread a little houmous. Fill with as much of the salad as you can! This recipe is adapted from a recipe by Peter Sidwell in association with Panasonic.