



**SUMMER**

**SUPPER**

**CLUB**

**TO SUPPORT SURVIVORS OF TORTURE**

**GOOD FOOD**

**GOOD COMPANY**

**GREAT CAUSE**

## 'KITCHA ATER' CHICKPEA FLOUR FLAT BREAD

### You will need:

- 500g chickpea flour
- 500ml water
- 1 tablespoon vegetable oil
- Season with a teaspoon of fennel seeds or fresh rosemary
- 1/3 teaspoon of salt (optional)

### Method:

1. Mix all the ingredients together to form a loose batter.
2. Let the batter rest for 30 minutes.
3. Thinly spread the mixture on a baking tray covered with a good quality greaseproof paper.
4. Bake in a preheated oven 200°C/ gas mark 6 for 35 minutes or until golden and crispy.

Traditionally *kitcha ater* is served on special occasions before the main meal; it is cut into irregularly shaped triangular slices. It could also be eaten with various dips.



This recipe has been provided by our Bread Group, a therapeutic group where survivors of torture come together and bake together.