

TAKAKAU WITH GREEN PEA SPREAD OR MAORI FLAT BREAD



Ingredients (Serves 4 people generously):

Takakau

2 cups plain unbleached flour

Pinch of salt

Pinch of sugar

Water to mix

Spread

3 tbsp olive oil

1 medium onion, peeled and chopped

1 clove garlic, peeled, crushed and chopped

1 and 1/2 cups frozen peas, thawed

Sea salt to taste

Cracked pepper to taste

Preparation:

1. Place the flour, salt and sugar in a large bowl.
2. Drizzle in warm water, mixing with a knife until a dough starts to form.
3. Remove from the bowl and knead on a floured surface until a smooth, elastic ball is formed.
4. Leave to under a damp tea towel for at least 10 minutes.
5. Roll out four discs 20-30 cm in diameter and 5 mm.
6. Place on a floured tray and prick all over with a fork.
7. Bake in a 220° C oven until crisp and brown.
8. Remove, and rest briefly under a clean tea towel.
9. Heat half the oil and cook the onion and garlic until soft but not at all brown.
10. Add the peas and cook until soft 2-3 minutes.
11. Stir in the remaining olive oil and season to taste.
12. Blend until smooth in a blender or food processor, or make a chunkier version using a mortar and pestle.
13. To serve cut or tear the warm takakau rounds into chunks and arrange on a platter, with the spread in a bowl alongside.