

# Wraps

## Ingredients:

225g Plain Flour  
150ml Warm Water  
20g Lard, Cut into Small Pieces  
1 Packet (7g) of Fast Acting Yeast  
Pinch of Salt: School to Provide



## Variations: You could add any of the following ingredients:

Spring Onion  
Garlic  
Chili  
Spices  
Sun Dried Tomatoes  
Dried Herbs



Please bring a container to take your wraps home in.

## Filling Ingredients:

Cheddar Cheese  
Meat: Cooked Chicken, Bacon, Prawns, Ham  
Fish: Tuna, Prawns  
Salad: Lettuce, Cucumber, Tomatoes, Spring Onions, Grated Carrot  
Sauce: Mayonnaise, Salsa, Guacamole, BBQ, Sweet Chilli

## Method:

1. Preheat the oven to 200°C of Gas Mark 6. You will not be using the oven but you need the grill compartment to be warm for proving the dough.
2. Weigh all ingredients accurately.
3. Sieve the flour into a large bowl, add the salt.
4. Cut the lard into small pieces, use the rubbing in method to rub in the lard.
5. Add any flavorings that you have chosen and mix thoroughly.
6. Add the yeast and mix together thoroughly with a round bladed knife.
7. Make a well in the middle of the mixture and add the warm water a **little bit at a time**, mix with a round bladed knife to form a dough.
8. Turn the dough out onto a floured work surface and knead for 5 minutes.
9. Place the dough back into the large bowl.
10. Leave to prove in the warm grill compartment of the oven for 10 minutes until it has risen in size.
11. Prepare any filling ingredients.
12. Turn the dough out onto a floured surface and knock back the dough.
13. Divide the dough into 8 even sized balls.
14. Roll out each ball into a circle with a diameter of 13cm.
15. Heat a frying pan until hot.
16. Dust off the excess flour on the wraps and place in the round frying pan.
17. Cook each wrap for approximately 1 minute on each side, flip using a fish slice. **DO NOT** overcook as this will dry the wrap out.
18. Repeat with the remaining wraps.
19. Leave to cool.
20. Add any filling ingredients and present.

