

We use Gram Flour (Chickpea Flour) quite a lot. It's inexpensive, filling and Gluten Free. Onion Bhajis are a favourite here and we've made various flat breads with it. Here's a recipe for something to dip in casseroles etc. It's also Vegan.

Ingredients:-

160 g Gram (chickpea) flour
2 tbls Oil
200g water
Salt and Pepper
Baking Powder
Garlic Salt
Chilli Flakes

Method:-

(1) Line a baking tray with parchment.
(2) Mix all the ingredients in a bowl.
(3) Pre-heat the oven to 180c
(4) Allow the mix to sit for 10 to 15 minutes and give it a good stir.
(5) Spoon into the lined tray.
(6) Bake in the oven for 30 minutes.
(7) Tip out onto a wire stand and allow to cool or serve hot.