

Byodo picnic pan bread

A deliciously fruity picnic treat with the curry-mango sauce! The classic baking oil makes the dough wonderfully light and airy and delicious.

Zutaten
4 Portionen

Pan bread
250 g Wholemeal spelt flour
2 TL Baking powder
1 TL Byodo sea salt, fine
120 ml Milk
70 ml Byodo Baking Oil Classic
Filling
1 Mango
0.5 Cucumber
150 g Cocktail tomatoes
4 EL Byodo curry-mango sauce
Rocket or chives

Zubereitung

To make the pan-fried bread, first put all the dry ingredients in a mixing bowl and mix together. Add the lukewarm milk and the baking oil and knead the dough with your hands. Cover and set aside.

In the meantime, prepare the filling. To do this, core, peel and dice the mango. Dice the cucumber and halve the tomatoes. Place everything in a bowl, mix with the curry mango sauce and set aside.

Now heat and grease a frying pan. Remove an even amount of dough from the bowl, shape into a ball and then flatten with your hands or roll out with a rolling pin to form a thin flatbread. Place one loaf at a time in the hot pan and turn as soon as toasting marks are visible. Continue with the remaining dough and leave the loaves to cool on a kitchen rack.

Enjoy with the curry-mango vegetables and some fresh rocket or chives.