

Ways with Flour



Kia ora koutou,

Flour, that humble kitchen staple tucked away in our pantry, often goes unnoticed for its incredible versatility. Beyond its traditional applications in baking, flour proves to be an essential ingredient for a variety of recipes that go beyond the realm of sweet treats. How about spending a weekend with your kids exploring the possibilities of flour? Not only is it a fun and engaging way to bond with your little ones, but it's also a clever strategy to make food that they're more likely to enjoy.

Noodles

Ingredients (serves 4)

- 250g (2 cups) flour
- 115ml (just less than ½ cup) water
- ¼ teaspoon salt

1. In a large bowl, mix flour and salt. Add water gradually while stirring the flour with your hand constantly to evenly distribute the liquid.
 2. Combine with your hand into a rough-looking dough. Cover then leave to rest for 30 minutes.
 3. Knead the dough for about 3 minutes until it becomes very smooth.
 4. Flour the kitchen bench and flatten the dough with a rolling pin or a clean glass jar into a sheet about 2mm thick. Dust the dough with flour during the process to prevent sticking.
- Once the dough is rolled to your desired thickness, fold the dough sheet into a band of 4-5 layers. Use a knife to cut it into thin strips. Gently unfold and loosed the noodles

Asian tomato and noodle soup (serves 4)

- 1 tablespoon cooking oil
- ½ onion, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon ginger, crushed
- 4 cups chicken stock (make by mixing 2 stock cubes or 4 teaspoons of stock powder with 4 cups water)
- 2 cans chopped tomatoes
- 200 grams cooked chicken*
- 400g dried thin noodles, or using your own homemade noodles from the above recipe
- 1 cup vegetable of your choice (frozen mixed vegetables, sliced mushrooms, diced carrots, peas, frozen corn, leeks, etc)

1. Bring a pot of water to the boil for cooking the noodles.
2. Heat oil in a large pot.
3. Add onion and garlic to the pot and cook for two minutes, until soft. Add tomatoes and ginger and stir for 5 minutes.
4. Add the stock and chicken, bring to the boil and then simmer for 15 minutes.
5. Cook the noodles in the boiling water until soft. Drain and set aside.
6. Add the vegetables and drained noodles to the soup, then cook for a further two minutes.
7. Divide into bowls and serve hot.

*You can also use any left-over meat such as beef mince or bacon, instead of chicken

Ngā mihi nui,
Beyning