

Oat Injera

Ingredients

1 cup water

1 teaspoon-tablespoon salt

1 cup oat flour / oatmeal put through a blender

A bit of olive oil

Guidance toward Creation

Please place water into a bowl or measuring cup with a capacity exceeding 2 cups.

Please then add salt to this water & stir.

Please then slowly add oat flour, preferably stirring as you do.

Then please let such sit for a few moments while oat flour absorbs water.

Then please stir again to even out batter even more.

Please pour a couple of teaspoons of olive oil into a medium pan, & place such over medium heat; a setting of 4 on many ranges. After oil has heated some, please stir batter yet once more & pour such into the pan. Please then let such cook for several minutes; until bubbles have popped through the top & the top seems to have dried. Then please turn such over* & cook for an additional couple of minutes. Then please slide such onto a plate & permit to cool.

Notes:

This recipe should produce an oat flour flat bread that is a bit like a broad thin pancake. I tend to use such more as a tortilla, or 2 pieces as sandwich bread more often than I use such as injera, an Eastern African bread from which one often tears off pieces with which to scoop up other food. In composition, & method of preparation, such seems more akin to injera than other bread, however.

** I tend to slide oat injera onto a plate & then flip such from that plate back into the pan.*