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| |  | | --- | | Spelt Turkish Flatbread  *This months recipe is a tasty wholesome accompaniment to Şakşuka (link to recipe below) or any sauce dish. 70% wholemeal spelt flour dough cooked in a very hot oven.*  **Ingredients**  *Yeast starter*  2 tsp dried active yeast 200ml hand hot water 1 tsp granulated sugar  *Dough*  2 Tbs olive oil 350g wholemeal spelt flour 150g white spelt four 1 large tsp salt 50ml warm water  *Glaze and finishing*  1 egg yolk 1 Tbs milk  1 tsp poppy seeds 1 tsp sesame seeds 2 Tbs course cornflour or polenta  **Method**  Mix the yeast starter in a large glass and leave in a warm place. It's ready when it has about 1cm froth on top.  When the yeast is ready, mix it with the dough ingredients in a large bowl then knead it on a board for 10 minutes or longer until it has a nice smooth springy texture.  Replace the dough in the cleaned bowl and leave for an hour or so in a warm place until it has risen in size.  Preheat the oven to 240°C (475°F) or very hot  Press the dough in the middle to squeeze out the air and cut it in two.  Sprinkle some of the cornflour onto a board and knead each of the balls into a flattened circle. Sprinkle more cornflour on top and, with a rolling pin, roll them out to about 20cm diameter, turning and sprinkling if necessary. Place on two baking trays and leave to rise for 10 minutes.  Mix the egg yolk and milk in a small bowl. Press your fingertips into the flatbreads in a few places then quickly brush with the glaze, sprinkle with sesame and poppy seeds and bake for about 10 minutes, until nicely browned. I like it burnt at the edges. Place on a wire rack to cool.  Best eaten warm but they are also OK to freeze | |