

Turkish Bread

EQUIPMENT

Scales, Mixing Bowls, Pastry Brush, Stand Mixer with Dough Hook, Cast Iron Roasting Dish or Teppanyaki Plate (optional), Wire Rack, Pastry Scraper

INGREDIENTS

500gm Strong White Flour, 7gm Instant Yeast, 10gm Caster Sugar, 10gm Sea Salt, 375gm Warm Water,
1 Tablespoon Extra Virgin Olive Oil, 1 Egg Yolk, 1 Tablespoon Sesame Seeds,
1 Tablespoon Nigella Seeds (or Black Sesame Seeds as a substitute)

METHOD

Place flour, sugar, salt and yeast in the bowl of a stand mixer fitted with a dough hook, start the mixer on medium/low speed and add the water while mixing in a steady stream. Leave to mix for 15 minutes until you have a smooth dough.

Once mixed remove dough from the bowl and knead briefly by hand, brush a little oil on the inside of the mixing bowl and return the dough to the bowl. Place into a pre-heated oven steam setting 35° c - 40° c for 30 minutes to prove.

Once proved remove the dough from the oven and change the oven settings to 230° c Combi Setting (Low Steam) and place a cast iron tray or baking tray in the oven to heat.

Remove the dough from the bowl and place onto a lightly floured bench, knock the dough back and split it into two equal sized pieces. Shape the pieces of dough into a oblong approx. the same size as your baking tray.

Once the dough is shaped set aside on top of a piece of baking paper with another sheet of baking paper on top for 15 minutes. Repeat for the second piece of dough.

In a small mixing bowl mix together egg yolk and oil until well combined.

Remove the tray/dish from the oven and place the dough on top, use the pointed end of the pastry brush to make indentations in the dough and liberally brush the dough with the egg/oil mixture, sprinkle over sesame and nigella seeds and sea salt, place the tray in the oven and cook for 15 minutes until golden brown.

Once baked remove from the oven and cool on a wire rack, repeat with the remaining dough.

HINTS & TIPS

This recipe will keep for 1-2 days but finished bread freezes reasonably well. To re-heat / regenerate set your oven to 230° c (high steam) and place the bread into the oven for 4-5 minutes.