

Armenian Bread |

Recipe for 12 portions

Description

Bread in the form of tiles, crackers, on a white dough base

Note

It is a bread that can accompany different sauces or creamings.

Here we use sesame seeds, but you can let your imagination go with other seeds or dried fruits, be careful that they support well the cooking.

Ingredients

Armenian bread dough

- 240 Ml Water
- 15 Ml Olive oil
- 540 Gr Flour
- 6 Gr Dry yeast
- 25 Gr Sugar
- 25 Gr Salt
- 36 Gr Vegetal shortening
- 1 Unit(s) Egg white

Finition

- 1 Unit(s) Egg
- 10 Ml Water
- 1 Handful(s) White and black sesame seeds

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **425 F°**
- Resting time **45 mins**

Progression

Gather all ingredients in the order of the recipe, mix on first speed. Once a ball starts to form, let it spin for about 2 minutes. Then shift to higher speed so that the dough feels like it's being pounded. You are trying to make the dough homogeneous and smooth, once this is achieved you stop. Put the dough in an oiled bowl, covered with a cling film, let it rest (pointing), about 45mn to 1 hour.

Cut into pieces of about 110 gr.

Spread with a rolling pin the pieces of dough, as thinly as possible, place them on baking sheets with parchment paper.

Finition

Brush the pastry cases with gold, sprinkle sesame seeds over the gold.

Bake in a hot oven for about 4 to 5 minutes, making sure the tiles are golden brown.

Let cool, then break the tiles.

Bon appétit!