



LAVASH

This lavash bread is crispy and simple to make, although you'll need to plan ahead.
Recipe by Peter Kuruvita

Cook Time varies | Serves 6

(Preparation 30 minutes + 24 hours resting, Cooking 10 minutes)

REGION Afghanistan | **DIFFICULTY** Easy

This lavash bread is crispy and simple to make, although you'll need to plan ahead, as the dough needs to sit for 24 hours. It isn't the easiest dough to make by hand, so definitely use an electric mixer if you have one. If you have a pasta machine, rolling out the dough paper-thin will be a lot easier. Otherwise, you'll just have to use a lot of muscle and a rolling pin!

Ingredients

350g (12oz / 2 1/3 cups) plain
(all-purpose) flour
2 teaspoons salt
1 tablespoon sugar
45g (2½oz) butter
2 eggs
150ml (5fl oz) milk, plus extra for brushing
poppy seeds, for sprinkling
sesame seeds, for sprinkling

Method

Add the flour, salt, sugar, butter, eggs and milk to the bowl of an electric stand mixer fitted with a dough hook and mix for 20 minutes. (If making the dough by hand, bring the ingredients together in a bowl, turn out onto a lightly floured work surface, then knead into a dough that is smooth to touch, but firm, and resembles a pasta dough.)

Remove the dough from the bowl, wrap in plastic wrap and refrigerate for 24 hours.

When you're ready to start baking, preheat the oven to 150°C (300°F).

Roll the dough out very thinly, using a lightly floured pasta machine or rolling pin. Brush the surface with milk, then sprinkle the poppy seeds and sesame seeds on top.

Place on a large baking tray and bake for 10 minutes, or until the bread is pale golden and crisp.

Allow to cool, then break into smaller bits for serving.

TIP

The lavash will keep in an airtight container in the pantry for 3–5 days.

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