

Traditional Afghani Bread with Pamir Yoghurt Dip.

Ingredients for Bread

1½ cups plus 1 tbsp of water (separate)
1/7grms dry yeast (51grams fresh yeast)
1 tbsp of sugar
4 cups of flour
1 tbsp of salt
1/4 cup of corn oil
1 egg yolk

Ingredients for Yoghurt

2 kg natural thick yoghurt
1/2 kg cucumber shredded finely
2 pieces of garlic crushed
1 tsp (2 gm) dry mint powder
1 tsp (2 gm) Dill (Afghan people
call Sheebit)

Preparation - Bread:

1. Mix 1/2 cup water, yeast, and sugar. Let sit for 10 minutes.
2. Place flour in mixing bowl and sprinkle salt. Make a well, then add oil and yeast mixture. Stir in and add small amounts of water until it forms a soft dough that can be moulded. Knead for 5 minutes. Cover with paper and let rise for 1½ hrs.
3. Mix together egg yolk and 1 tbsp of water, set aside.
4. Divide dough into 8 parts and roll each into ball. Roll each into an oval shape 20 cms long 5 cms thick.
5. Make lines in top of dough. Brush on egg mix and sprinkle with black cumin seeds.
6. Bake in a preheated 350°F (175°C) oven for 25 minutes.

Preparation - Yoghurt:

1. Mix all ingredients slowly together and chill in refrigerator.
2. Serve with traditional breads.

Everything you need
to create exotic fare
at home.

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