

LEBANESE
ZA'ATAR MAN'OUCHE – FLAT BREAD WITH HERBS





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Serves: 4 flat breads

INGREDIENTS:

For the man'ouche dough:

300g (2 ½ cups) plain flour

75ml (2.7 fl oz.) extra virgin olive oil

150ml (5.4 fl oz.) warm water

2 teaspoons yeast powder

1 teaspoon sea salt

For the za'atar topping:

3 tablespoons za'atar mix (thyme, sumac, sesame seeds, salt)

5 tablespoons extra virgin olive oil

A decorative border of palm trees surrounds the text. The border consists of a top row of 18 palm trees, a bottom row of 18 palm trees, and two vertical columns of 18 palm trees each on the left and right sides.

INSTRUCTIONS:

For the man'ouche dough:

1. In a big bowl combine the flour, the salt and the yeast powder. Make a well in the middle and pour into it the olive oil and the warm water. With a silicon spatula bring the flour in from the sides and mix it well with the liquid. Keep mixing until it all starts to come together, and then keep on mixing with your clean hands and knead it until you have a smooth, not sticky, dough.
2. Cover the bowl with a cloth and place in a warm place of the house for at least half an hour until the dough has doubled its volume.
3. Remove the dough from the bowl and place it in a clean flour-dusted surface.
4. Divide the dough in 4 parts, knead it a bit with your hands and, with the help of a rolling pin (lightly dusted in flour), extend the 4 man'ouche gradually flattening them out.



For the za'atar topping:

1. In a small bowl mix the za'atar and the olive oil.
2. With the help of a spoon, spread the mix on top of each of the 4 man'ouche.

For the final preparation:

1. Preheat the oven to 200 degrees C (400 degrees F)
2. Bake in the oven for 7 min at 200 degrees C (400 degrees F)
3. Remove from the oven and enjoy them warm or cold.

NOTES:

The preparation time is below 10 minutes + the rise of the dough + 7 minutes baking time.