

Aish Baladi "Bread of Life"

Ingredients

- 6 oz. warm water
- 1 tbsp mild honey
- 1 $\frac{3}{4}$ tsp. active dry yeast
- 2 cups plain flour
- 1/2 tsp salt
- 1 tbsp olive oil



Mix the warm water, honey, and yeast together and let it rest for 5 minutes until it becomes foamy. Add the flour, salt, and oil and mix until it comes together to form a smooth dough. If the dough feels too sticky, add a few more teaspoons of flour.

Lightly oil the inside of a large bowl. Transfer your dough to the bowl and cover with plastic wrap. Leave the dough to rise in a warm area until it has doubled in size (approx. 2 hours)

Place two baking trays into your oven, and preheat to 425°. Knead the dough 4-6 times to release any air then transfer to a lightly floured surface. Cut the dough in half, cover both pieces in clingfilm, and leave for a further 10 minutes. Roll out one piece of dough (keep the remaining piece covered) on a lightly floured surface with a lightly floured rolling pin into a thin rectangle (around 9"x13").

Transfer the dough to one of your baking trays and then repeat with the second half of your dough. Bake the bread for 20 minutes, until it is golden brown in color. Turn halfway through cooking to ensure an even bake. Leave to cool for a few minutes before serving.

The bread is delicious served warm, with olive oil, hummus or any of your favorite dips or spreads.

Adapted from Andante Travels – Ancient Egyptian Flatbread