
PERSIAN TEA TIME WITH COOKIES & FLAT BREAD

FLAT BREAD - LAVASH

- Approximately 3 cups flour (1 cup whole wheat flour + 2 cups all-purpose flour)
- 2 cup water
- 1 teaspoon yeast
- 1/2 teaspoon sugar
- 1/2 teaspoon salt

In a large bowl, mix the sugar, yeast, and 1 cup lukewarm water with 1 cup of all-purpose flour. Cover the bowl with plastic wrap and set it aside for 15 minutes.

Add 1 cup of lukewarm water to the bowl and stir. Then add 1 cup of whole wheat flour and mix it in with your hand. Gradually mix in 1 cup of all-purpose flour. Once everything is combined, knead the dough until it's a little sticky and feels soft. This should take about 3 minutes. The dough shouldn't be so sticky that it's sticking to the bowl or hard for you to form it into a ball. If it's too sticky, add more all-purpose flour, a tablespoon at a time, and knead again. Contrary, if your dough is not sticky at all, add a tablespoon of water.

Sprinkle some flour onto your counter or a cutting board, and transfer your dough to it. Shape it into a log and cut it into tangerine sized balls. You should get about 12.

Roll out each ball of dough until it's about 2mm thick and the size of your cooking surface (stove top or pan). Use your fingertips to add small slits on the dough in 2-3 lines (see middle photo on the left).

To cook the bread, there are a few methods. The key part is to cook it on a hot surface. If you have a flat electric stove, you can cook it directly on the stove at medium-high heat. If not, you can heat up a pan until it's hot and cook the bread on the pan. The third option is on an electric skillet set to 400 degrees.

Shake off any excess flour and cook your bread one at a time. When it puffs up a bit (about 10-15 seconds), flip it and continue to cook until it puffs up again then flip it again. Keep on repeating this until you see brown spots on the bread, which indicates that it's cooked through. If your bread is burning before it puffs up, lower the heat on your stove or electric skillet.

Serve with feta, chives, basil, mint, sliced radish, cucumber, and tomatoes.



DATE COOKIES (NAAN KOMAJ)

Filling:

- 1 package date paste
- 1/2 cup or less date syrup
- 1 teaspoon of spice mixture (equal part cinnamon, nutmeg, clove, cumin, and turmeric)

Crust:

- 2 cups or more sprouted whole wheat flour
- 1 stick butter
- 1/2 cup plain yogurt
- 1 egg yolk
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder

Preheat oven to 400 degrees.

Beat the butter until smooth. Add the yogurt, egg yolk, salt, and baking powder. Then start mixing the flour in with your hand to form a dough. Set it aside for half an hour.

Divide the dough in half and roll out the dough. Place one on an 8 inch pan.

Mix all of the filling ingredients and spread it over the dough in the pan in an even layer. Cover it with the rest of the dough.

With a sharp knife, cut them in rectangles then bake in the oven at 400 F degrees for 25 minutes or until the top is lightly browned.

Let them cool and enjoy as a very healthy, no sugar snack :)