



Turkish bread and Dips

Turkish Pide Dough

Makes 4 large Pide or a heap of smalls ones, can also be used to make delicious pita bread.
Dough can be made ahead and kept in the fridge for a few days, until needed.

Dry Ingredients

2 t Dry Active Yeast		450gms (3 C) Artisan Euro Flour
1 t Bread Improver	1½ t salt	

Liquid

250mls natural yoghurt	up to 250mls warm to hot water
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Note: The very warm water is used to warm up the cold yoghurt, so the dough will rise.

To Make Dough

1. Measure dry ingredients into a bowl, stir well, pour in the very warm water and yoghurt and mix well to make a very moist dough.
2. Use your strong spoon or Danish dough whisk, to basically beat the dough for about a minute.
3. Scrape the dough out onto a little extra flour, gently knead until smooth.
4. Place the dough into a Ziploc bag, can place in the fridge until required. Up to 3 days.

To Make the Turkish Flat bread.

5. If dough has been in fridge, allow it to come to room temperature before using.
6. Tip the risen dough out onto a well-floured surface.
7. Shape gently into a ball, careful, as it will be quite sticky.
8. Line 2 flat trays with silicone paper or a Teflon sheet, sprinkle well with fine semolina.
9. Cut the dough in half, place one ball of dough in the centre of each tray.
10. Leave to rest for 10 mins.
11. With oiled fingers, press and stretch the dough out into a wide rectangle.
12. Gently brush the top of the dough with yoghurt mixed with a little water.
13. Sprinkle with sesame seeds and/or nigella seeds.
14. Leave to rise in a warm place for up to 45 mins.
15. Using floured fingertips, make indentations all over the dough.
16. Place tray in a pre-heated, very hot oven, for 12-15 mins, until golden brown.
17. Tip off the baking tray onto a cooling rack.
18. As soon as the bread is cool, place in plastic bag to keep soft and fresh.

Beetroot Dip

1 small can beetroot	1 small onion (roughly chopped)	2 cloves garlic (crushed)
2 T lemon juice	3 T olive oil	2 T natural yoghurt
½ t crushed roasted cumin seeds (optional)		

1. Place the drained beetroot and onion in the food processor, pulse till finely chopped.
2. Add the rest of the ingredients and process until the texture is as you like it. Refrigerate.

To Make Filled Pide

Filling Ingredients – blend all together in a bowl enough for 1 large Pide - save some of the cheese to sprinkle on top before baking.

50gms chopped baby spinach

1 onion – diced and fried with 1 clove of garlic

1 C grated tasty cheese or Feta

generous pinch of sumac

¼ t dried mint

ground black pepper

(optional – top cooked pide with a poached egg, just before serving.)

19. Place one or two black trays, on high and low racks, in your oven to heat.

20. Take the other half of the dough and cut in half. Can also cut into 6 for small pide.

21. Roll each piece out to large ovals, about 30 cm x 15cm.

22. Spread your favourite filling across the dough, leaving a rim of about 2-3cm.

23. Roll the edge in just over some of the filling, twist each end of the “boat”, to secure the dough. Sprinkle with extra grated cheese. Can also drizzle a beaten egg over the filling.

24. Slide the pide onto a pizza “peel”, then quickly transfer to a hot tray in the oven.

25. Bake for about 15 mins, until golden and crisp.

26. Serve immediately with a green salad. Or can be reheated later or eaten cold.

Other Possible fillings.

a) Cheese and spicy salami.

b) Browned minced Lamb and Onion, add some diced capsicum or tomato – flavour with ground cumin and coriander. Top cooked pide with yoghurt and mint.

To make Your Own Pita Breads

1. Tip the dough out onto a board dusted with flour and shape until smooth.

2. Divide the dough evenly into about 12 pieces and shape each into smooth round balls.

3. Leave the rounds of dough to rest for about 15 mins, (this makes the dough far easier to roll flat), then roll the dough into flat circles about 6 to 7 inches across.

4. Place flat pita on fine semolina dusted bench, allow to rest for 10-15 mins before cooking.

5. Pre-heat your oven to very hot, place a flat tray in the oven for about 5 minutes.

6. Take hot tray from oven, flip several pitas upside down onto tray.

7. Place back into the oven and cook for approximately 3-4 minutes. The cooking time may vary depending on the oven temperature.

8. The pita will puff up like balloons creating the pocket in the centre as if by magic.

9. Remove from oven and place on a rack to cool, be very careful of the hot steam inside. Wrap in a tea-towel to keep soft.

10. When cooled the pita can be filled with all the normal sandwich fillings, hot casseroles, taco fillings and are also great for hamburgers or sausages & sauce at barbecues.

Hommus

1 can (300gm) chick peas – drained

3 T olive oil

2-3 T Tahini paste

3 t lemon juice

1 t (clove) crushed garlic

1 t salt

1. Add chick peas, garlic, tahini paste and lemon juice to your food processor bowl.

2. Process until finely chopped, then gradually add olive oil down the tube, and process until mixture is smooth and the required consistency. Add more olive oil as needed.

3. Adjust seasoning flavours to taste. Refrigerate.