



Cypriot Village Bread

Sarah's skill: Medium, Baking time: 30 minutes

Ingredients

500g Strong white bread flour
4 Tbsp Olive oil
7g Sachet of dried yeast
1/2 tsp Sugar
1 tsp Salt
1/2 tsp Mastic ground
1 tsp Macclebe powder
100ml Tepid milk
200ml Tepid water
2Tbsp Sesame seeds
2Tbsp Nigella seeds
3Tbsp Boiling water

Method

- Put the flour, oil, yeast, sugar, salt, mastic & macclebe in the bowl of a stand mixer with the dough hook attached. (You will need to grind the mastic in a pestle and mortar before adding to the flour.)
- Put the mixer on a slow speed and add the water & milk slowly until it is all combined into a wet dough.
- Put the mixer on a medium speed and set a timer for 7 minutes and knead. The dough will be quite sticky and will change to a smooth and shiny dough.
- While this is kneading put the seeds in a small heatproof bowl and pour over the boiling water. Mix together then set aside to cool.
- Put the dough in an oiled large bowl and cover with oiled cling film.
- Place somewhere warm and leave until doubled in size. This could take anywhere between 1-2 hours depending how warm the temperature is. I find in the winter this takes much longer but do not rush this stage.
- On a lightly floured surface take the bread dough and "knock it back". This means to knock the air bubbles out of the dough. Use your knuckles and fold the dough over and over. You will hear air bubbles popping - continue to do this until all the air bubbles have gone.
- Now shape the bread into a round shape by using the palm of your hands keep going around the edges and tucking the dough under until you have a round smooth loaf.
- Place the loaf on a baking tray with baking parchment.
- Put the seeds all over the top of the loaf and recover with the cling film and set aside somewhere warm to prove again. This should be done for 1-2 hours or until double in size again.
- Pre-heat the oven to 220 degrees centigrade (200 fan).
- With a sharp knife or bread lame cut a circle around the loaf about 2 inches in from the edges.
- Bake the loaf in the pre-heated oven for 30 minutes - the loaf should sound hollow if tapped on the base.
- Transfer to a cooling rack to cool completely before serving.