



Noni Afghani

Jacob · 28/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

2 hrs 10 mins

Description

This is an easy bread recipe that results in a soft tender flatbread My native Afghani friend says that this bread tastes better than the traditional bread she buys at the store Enjoy

Ingredients

- - 1 ½ cups warm water - 1 (.25 ounce) envelope active dry yeast - 1 tablespoon white sugar - 4 cups all-purpose flour - 1 ¼ teaspoons salt
- or to taste - ¼ cup corn oil - 1 egg - 1 tablespoon water - 1 tablespoon caraway seed (Optional)

Instructions

1. In a small bowl
2. stir together 1/2 cup warm water and sugar. Sprinkle the yeast over the top
3. and let stand for about 10 minutes
4. until foamy. Place flour in a large bowl
5. and stir in salt. Make a well in the center
6. and pour in the corn oil and yeast mixture. Add the remaining water in small amounts until you have a soft moist dough that can be handled. Turn out onto a floured surface
7. and knead for at least 5 minutes. Return to the bowl
8. cover with a towel
9. and let rise until doubled in size
10. about 1 1/2 hours. Preheat the oven to 350 degrees F (175 degrees C). Deflate the risen dough
11. and divide into 8 pieces. Roll each piece into a ball. On a lightly floured surface
12. roll each ball with a rolling pin so it is oval shaped
13. about 6 inches long
14. and 1/2 inch thick. Use a fork or dull knife to draw three lines on the top of each loaf. Place the loaves on a baking sheet. Mix together the egg and remaining tablespoon of water; brush the tops of the loaves with the mixture. Sprinkle caraway seeds over the tops
15. if using. Bake for 20 to 25 minutes in the preheated oven
16. until the loaves are shiny and golden brown.