

# SEEDY SUNDAY BRIGHTON

1 FEBRUARY 2015

**BREAD DEMO'S FROM 10AM**

**PLETZELS**

**JEWISH ONION BREAD**

**PARATHA**

**PUNJABI STUFFED FLATBREADS**

**KHACHAPURI**

**GEORGIAN CHEESE BREAD**

**NIBBLES EVERY HOUR FROM 11AM**

**CARROT TZIMMIS**

**CARROT & PRUNE STEW, PLETZELS, CHOPPED AUBERGINE SALAD & HORSERADISH CHRAIN**

**BLACK KALE SABZI**

**STIR FRIED SPICED KALE, PARATHA, MINTED YOGHURT & CARROT CHUTNEY**

**FAVA BEAN LOBIO**

**BEANS WITH WALNUTS & POMEGRANATE, KHACHAPURI & BEETROOT SALAD**



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## Pletzels

A pletzel is a Jewish flatbread made with enriched dough and topped with onions. This dough is also suitable for buns or other Jewish treats like hamantashen and rugelach. The yeast percentage is slightly higher than standard bread dough as the milk, butter and egg slow down the yeast. Bake at a lower temperature than most dough as the high fat and sugar content makes burning more likely. Makes enough dough for 8 pletzels or 12 buns

750g plain white flour (more for dusting)

250g whole wheat flour

500g/ml warm milk

15g dried yeast

15g salt

1 egg

50g sugar

50g butter

### Pre-ferment:

In a large bowl mix together the milk, yeast sugar and 250g wholemeal flour. Mix well and ferment for up to 60 minutes minimum and up to 4 hours

### Dough:

Rub the butter into the remaining flour; add the salt and mix together with the pre-ferment and egg to form soft dough. Turn this out onto a dry surface and knead for 5 minutes. It is sticky dough, so work it quickly with wet or oiled hands or a light dustings of flour.

### Fermentation:

Place into the oiled bowl, cover with a damp tea towel or a plastic bag and allow it to ferment in a warm place for 90 – 120 minutes before dividing, scaling and shaping according to use.

**For pletzels:** Finely slice 4 onions and fry them slowly in oil or butter until they start to caramelize. Divide the dough into 8 pieces, ball these up, allow to rest then roll out to form flatbreads about 15 cm across. Place on trays and top with the fried onions – bake at 200°C/380f for 10 minutes.

**For rugelach:** Flatten and roll out to a disk about 30cm in diameter and 1 cm thick. Brush the disk with a little melted butter and scatter over 50g sugar, 50g cocoa and 10g cinnamon Place a layer of plastic or greaseproof paper over this and gently roll with a pin to push the filling into the dough. Now cut the disk into 16 segments so you have 16 long triangles of dough. Line a large baking tray with greaseproof paper. Take a triangle of dough and starting with the short base end, roll up to form a tight swirl. Place this onto the tray with the apex of the triangle tucked underneath and turn in the ends slightly to form a crescent. Repeat with the remaining. Brush the tops with egg or melted butter and dust with sugar. Prove for 30 minutes more and then bake at 180°C/ 350f for 8-10 minutes.



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## Tzimmes,

A traditional Ashkenazi Jewish stew typically made from carrots and dried fruits such as prunes or raisins, often combined with other root vegetables it is sweetened with honey and flavoured with cinnamon. It is generally eaten at Rosh Hashanah, the Jewish New Year, and the honey and carrots signify a sweet and prosperous year ahead. Serves 6

2kg carrots or 1kg carrots plus a combination of other mixed root vegetables

250g de-stoned prunes

250ml orange juice

50g honey

½ tsp powdered cinnamon or 2 cinnamon sticks

6-10 bay leaves

Salt and pepper

1. Preheat the oven to 160°C
2. Wash and trim all of the vegetables. Slice the carrots into 1cm rounds and cut the other root vegetables into small chunks
3. Mix the roots with the prunes, juice, honey, bay and spice.
4. Season well and bake for 60 minutes – Cook longer and at a lower heat for a more intense flavour.



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## Paratha

Paratha are fried, oil enriched flatbreads made with unrefined wholemeal flour. They are characteristic of North India and are often served for breakfast with yoghurt and spicy pickle. Paratha are often stuffed with leftover curry, paneer cheese or potatoes. Makes 8 breads

500g wholemeal flour, sieved

250ml water

50ml gee or sunflower oil

5g salt

Gee or sunflower oil frying

Flour for rolling

### Dough:

Mix the flour, water oil and salt to form smooth dough. Knead this for a few minutes to develop the gluten then cover and allow it to rest for 30 minutes.

### Shaping:

Divide the dough into 8 pieces, each about 100g and roll these into balls. Rest these for another 10 minutes before rolling them out as disks about 20 cm diameters.

### Cooking:

Pre-heat a large flat frying pan or skillet to a medium temperature. Brush this with a little oil or gee then place the disk of dough on the skillet and cook for about a minute. Turn this over and add a little ghee or oil around the edges of the paratha. At this stage paratha often puff up with steam. Encourage this by pressing lightly down on the breads with a spatula or tea towel. After a minute, deflate the bread a bit, turn again and fry the other side. When brown patches appear on both sides, the paratha is ready. Repeat for the rest of the paratha dough.

### Variations:

**Paratwala paratha:** a laminated flatbread also known as **Lachha paratha**. To make these follow the same recipe but use up to 50% white plain flour. Roll out the dough as instructed.

Brush with gee or oil and dust liberally with rice flour or semolina. Fold the disk in half, brush and dust again and fold in half again. You will have a fan shape. Pinch the open end together and roll out on a well-floured surface to double the size. Brush with oil and cook per basic recipe

**Aloo Paratha:** a potato stuffed flatbread. Boil, cool and smash 4 large potatoes. Add ½ tsp of chilli powder and 1 tsp each of salt and cumin powder or fried cumin seeds. Add a good amount of fresh chopped coriander and some chopped green chilli. Mix well! Roll out the dough balls, two at a time. Take a quarter of the potato mix and spread it over the dough, but not right to the edges. Place the second disk over this and seal the edges. Brush with oil and cook per basic recipe



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## Kale sabzi

A delicious and quick to make dish, the spiced kale is delicious and a powerhouse of nutritional goodness.

Serves 4 - 6

500g kale, washed

2 tbsp oil

1 tsp cumin seeds

½ tsp turmeric

½ tsp red chilli powder

2 tsp ground coriander

1 tsp ground cumin

1 onion, diced

1 tbsp ginger, minced

2 cloves of garlic, sliced

1 green chilli, sliced

2 tomatoes, finely diced

Juice of one lime

salt

1. Remove any woody stems from the kale and shred into ribbons
2. Heat a large pan over moderate heat. Add oil and when hot, add cumin seeds then onion and cook gently for 5 minutes. Add ginger and garlic, cooking another 2 minutes then make a well in the centre, add a little more oil and fry the chilli powder, ground cumin, and coriander briefly to release their flavour.
3. Add tomatoes and cook until the oil separated from the mass then add the kale, salt and a few tablespoons of water. Cook on a higher temperature for 3 minutes then lower the heat, cover and cook for 10 minutes or until kale is tender. Taste and adjust salt as needed.
4. Finish with fresh lime juice



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## Khachapuri

Khachapuri is regarded by many as Georgia's national dish – an enriched cheese filled flatbread baked either in rounds or boat shaped loaves. Generally this bread is made with yeasted dough, enriched with eggs or sour cream, milk or yoghurt and stuffed with Imeruli or Suluguni cheese. I stuff mine with mozzarella and cheddar cheese and flavour this with mint and or garlic. Makes 4 flatbreads

500g plain flour  
2 eggs  
225g/ml warm milk or water  
5g instant yeast  
7g salt  
100g mozzarella cheese, drained and grated  
100g cheddar cheese  
1 tsp dried mint  
1 clove chopped garlic  
1 tbsp butter

### Dough:

In a good sized bowl mix together the flour, eggs, milk or water, yeast and salt to form dough. Knead this on a very lightly dusted surface until it is smooth and glutinous with a glossy look and feel.

### Fermentation:

Place back into a cleaned and oiled bowl and cover with a damp cloth or plastic. Ferment this in a warm environment for two - three hours or until it has doubled in size.

### Assembling:

Scoop out the dough onto a floured work surface and cut into 4 equal pieces. Ball these up and rest them for 15 minutes before rolling each into a disk about 15 cm in diameter. Aim for the edges to be thinner than the middle.

Mix the cheeses together with the mint and garlic and divide into 4 portions. Squash each portion into a tight ball and place this in the middle of each dough disk, then gather the dough up around ball of cheese and crimp the edges closed.

Turn this over so the seal is underneath and start to roll or push the dough into a flat disk of about 15cm again, evenly distributing the cheese.

### Proofing and baking:

Place the flatbreads onto a baking sheet and cover with a cloth or plastic and proof for an hour.

Preheat the oven to 200°C. Just before baking slash a shallow "x" in the dough to expose the cheese.

Bake for 12 - 15 minutes and cool slightly before serving.



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## Lobio

Lobio refers to a family of Georgian dishes made with dried beans. In this version, a simple spiced stew is brought to life with a paste of coriander, walnuts and garlic. It can be served as a hot stew or cold dip. Serves 6

500g dried red kidney, pinto or fava beans – soaked for 12 hours

6 bay leaves

2 large onions

2 tbsp sunflower oil

1 tsp ground coriander

1 tsp ground fenugreek

2 tsp ground black pepper

1 tsp salt

200g walnut pieces

2 cloves of garlic

50g fresh coriander

1 tbsp red or white wine vinegar

1 tbsp olive oil

½ tsp salt

1. Soak the beans in lots of water for 12 hours then drain, rinse and put together with the bay leaves into a large pot of boiling unsalted water
2. Bring this back to the boil then lower the heat and cook for 25 - 35 minutes or until soft, but still firm to the bite. Drain, but retain the cooking water.
3. Heat the oil in a large pan and gently fry the onions until very soft. Add the ground coriander, fenugreek and pepper and cook for a few minutes.
4. Add the beans and stir well, followed by enough of the cooking liquid to just cover the beans. Add a tsp of salt and bring up to a simmer – cook for a further 30 minutes. The longer and slower you cook this, the better it tastes. Season to taste.
5. In a food processor or with a mortar and pestle, grind the walnuts, garlic, coriander and salt to rough paste then stir in the oil and vinegar.
6. Add the walnut paste to individual dishes or beans or stir through the bulk stew.

