

COMMUNITY RECIPIES

Barley Bread

Wahida Chihaoui - Mother of Zied Ben Madhi

Ingredients

1 kg course barley flour

1/2 kg fine barley flour

1 tsp salt

1 tbsp bread yeast

Lukewarm water

- 1 together the fine and course barley flours
- 2 Add a big tablespoon of salt and a teaspoon of bread yeast to the flour mix.
- 3 Take a bit of lukewarm water and mix everything together until the ingredients are combined.
- 4 Cover the dough and let rest for an hour.
- 5 Afterwards, check if the dough has risen, then knead it well and break it into small balls.
- 6 Put the dough balls in a pre-heated oven at 190 + 210°C for 6 - 8 minutes.

Maârek Bread (Traditional Bread from Hammamet)

Bitissem Bouslama

Ingredients

250 g wheat flour

250 g fine semolina

15 cl olive oil

10 g bread yeast

5 cloves

10 g sesame seeds

10 g nigella seeds

10 g fenugreek seeds

Orange blossom water (3 tbsp.)

Salt (according to taste, 8 to 10g)

- 1 Heat the oil with the cloves.
- 2 Mix together flour + semolina + salt. Add all of the seeds.
- 3 Add the oil and mix with your fingers until you create a sandy texture.
- 4 Add the yeast diluted in warm water.
- 5 Add the orange blossom water.
- 6 Mix by hand, adding water as you go, until you form a soft ball.
- 7 Cover and leave for 2 hours in a warm place.
- 8 Remove the cloves and knead for 15 minutes.
- 9 Form balls, flatten them, and make incisions or decorate as desired.
- 10 Bake at 200°C for 30 - 40 minutes.
- 11* On the day of Eid, we add up to three uncooked eggs in the center of the bread (wide part downwards) and wrap them with strips of dough.

Forty years ago, it was the children who would take the bread to the traditional oven by carrying it in round copper pans on their heads. The baker would write the name of the father of the family on a piece of paper and stick it on the bread. My mother, to be sure that her bread would not be exchanged with one that was not hers, marked her bread with walnut kernels from our walnut tree.

Ingredients :

Fitoura (olive pulp, what remains after olives are crushed and the oil is extracted)

Fine barley flour

Fennel seeds

Nigella seeds

Salt

Levean

Ground cloves

Dried lemon peel

Warm water

Lukewarm water

- Mix the barley flour, nigella seeds, fennel seeds, and dried lemon peel. Mix the ground cloves and salt in a mortar and pestle and add them to the flour mix. Pour in some warm water and levean and mix with a wooden spoon.
- Let it cool for around 15 minutes.
- Heat up the tabouna oven. Transfer the dough into a Qalah (a large tin container).
- Add some more barley flour mixed with lukewarm water and mix until you form a dough.
- Knead thoroughly and add levean as you see fit. Keep kneading until the dough becomes smooth.
- Let it rest.
- Add some water and knead again. Let the dough ferment for around 15 minutes while the tabouna oven heats up.
- Knead the dough for another few minutes. If the dough is still hard and compact, add water and continue to knead. Add the fitours and knead well.
- Make small balls with the dough and sprinkle them with barley flour, then place them in a stainless steel container.
- Take a ball of dough and flatten it, then brush it with water.
- When the tabouna oven is hot enough, clean the sides with a date branch.
- Stick the bread to the sides of the tabouna oven, check their doneness periodically and, when cooked, peel them off carefully with a stick.

Corn Flour Bread

Emma Ben Haouala-Bernegger

Ingredients

600 g corn flour

400 g of Napoli's wheat flour

300 ml levean

2 tsp of salt (according to taste)

400 g of warm water

4 tsp of olive oil

- Mix the ingredients and knead to form a soft dough.
- Form the dough into an oval ball, make an incision into the side, cover with a damp cloth and let it rise at room temperature (in winter towards a heater) for about 3 hours.
- Next, rework the dough by stretching it and rolling it in all directions. Portion out pieces that weigh 400g, spread them out under your hands with a little oil and roll them into oval shapes.
- Put the loaves on a baking tray, score them with a blade, cover them with a damp cloth, and let them rise for another 2 hours.
- Place a dish with water that will evaporate little by little at the bottom of the oven. Preheat the oven to 220°C. Bake the loaves at 220°C for 6 minutes, so that they set, and then lower the temperature to 180°C and finish cooking for about 40 minutes.
- When you take the breads out of the oven, cover them with a damp cloth for 10 minutes.

How to make levean

(sourdough starter)

In a glass jar, pour 200 grams of white flour (Napoli's flour sifted through a sieve or a commercial white flour).

Add mineral or filtered water to obtain a liquid paste, and let it ferment for 3 days at room temperature, covered with a cloth. After 2 days, add a little water and a little flour, and let it continue to ferment. Repeat for about 10 days.

You will see the levean at work and it will have a pleasant smell, it may even overflow.

When it begins to double in size within 12 hours, it is ready to use for baking. You can store the rest in the fridge, continuing to feed it with a little flour and water every few days.