

Nane Barbari

Cuisine: **Middle-East**
Food category: **Pastry**



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Program steps

Preheating: 250 °C

1	Injection	1 n		30 s	200 ml			
2	Hot air	100 %	Termination by time	00:07 hh:mm	210 °C	40 %		
3	Hot air	100 %	Termination by time	00:05 hh:mm	180 °C	70 %		

Ingredients - number of portions - 6

Name	Value	Unit
water	380	ml
fresh yeast	20	g
salt	5	g
brown sugar	5	g
wheat flour type 550	550	g
sesame	5	g
black sesame	5	g
caraway seeds	5	g
wheat semolina	5	g
plain wheat flour	10	g
water	30	ml

Nutrition and allergens

Allergens: 1, 11 Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	346.5 kJ
Carbohydrate	68.9 g
Fat	2.2 g
Protein	10.9 g
Water	0 g

Directions

- 1) Prepare the starter

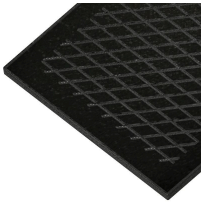
Mix the fresh yeast with lukewarm water so that the yeast can dissolve, then add flour, sugar, and salt and briefly stir with a spoon, then knead well with your hands until a dough forms. Let it rest for about 30 minutes. Now shape into a ball and let it rise covered overnight in a warm place.
- The next day, divide the dough into 3 portions and shape them again into balls, cover with a cloth and let them rest and rise again for another 3 hours.
- 2) Prepare the Roo-Mal

Mix cold water and flour in a pot and bring to a brief boil until a lump-free and thick, paste-like mixture forms; allow to cool again.
- 3) Shape and bake the flatbreads

Sprinkle the work surface with semolina and shape the dough into three elongated oval flatbreads about 1 cm thick. For the pattern, there are several variations: press indentations with your fingertips, make elongated grooves with the edge of your hand, or press diamond-shaped grooves - depending on the desired look. Carefully brush the surface and edges with Roo-Mal and sprinkle with sesame, black sesame, and cumin, let rest briefly, and then bake. The smooth back of the Vision Grill - grilling plate or the non-stick baking tray is good for baking.
- Barbari tastes best still warm with feta cheese, nuts, and

honey or with garlic yogurt and herbs, but of course also as a side dish to main courses.

Recommended accessories



Vision Grill