Retigo Combionline | Cookbook | Pastry 9. 9. 2020

Nane Barbari

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

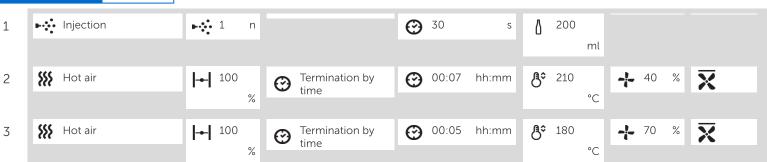


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Program steps

Preheating: 250 °C



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

Energy

Carbohydrate

Fat

Protein

10.9 g

Water

Value

346.5
kJ

2.2 g

10.9 g

Directions

1) Prepare the pre-dough

Mix the fresh yeast with the lukewarm water so that the yeast can dissolve, then add the flour, sugar and salt and stir briefly with a spoon, then knead well with your hands until a dough forms. Let rest for about 30 minutes. Now form it into a ball and leave it covered in a warm place overnight.

The next day, divide the dough into 3 portions and form into balls again, cover with a cloth and let rise again for another 3 hours.

2) Start Roo-Mal

Mix cold water and flour in a pot and bring to the boil briefly until a lump-free and tough, paste-like mass is formed. Allow it to cool again.

3) Form the flat cakes and bake them
Sprinkle the work surface with wheat semolina and shape
the dough into three elongated oval flat cakes that are
approx. 1 cm thick. There are several variations when it
comes to the pattern: press in depressions with your
fingertips, press in elongated grooves with the edge of your
hand or press in diamond-shaped grooves - depending on
the desired look. Carefully coat the surface and edges with
Roo-Mal and sprinkle with sesame, black sesame and
cumin, let rest briefly again and then bake. The smooth
back of the Vision Grill grill plate or the coated baking plate
are ideal for baking.

The Barbari tastes best warm with sheep's cheese, nuts and honey or with garlic yoghurt and herbs, but of course also as a side dish to main courses.

Recommended accessories

