

# 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

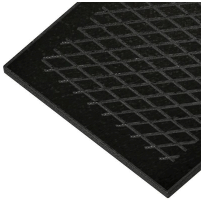
Allergens: 1, 11 Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	346.5 kJ
Carbohydrate	68.9 g
Fat	2.2 g
Protein	10.9 g
Water	0 g

## Directions

- 1) Prepare the 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



Vision Grill