

# Barbari Bread

## Chef Behzad Jamshidi

### Allergens

- Contains gluten

### Kitchen Tools

- Baking sheet or pizza stone
- Non-stick pan

### Ingredients (serves 4-6 people)

#### *For The Bread:*

- 500g Bread Flour + More For The Work Surface
- 2 Cups Tepid Filtered Water
- 25g Active Dry Yeast (*use double the amount of Fresh Yeast alternatively*)
- 5g Granulated Sugar
- 10g Kosher Salt

#### *For The Glaze (Roomal):*

- 15g Flour
- 180ml Cold Water
- 180ml Boiling Water
- 5g Baking Soda
- 5g Kosher Salt

#### *Garnish:*

- 30g Mixed Black & White Sesame Seeds **or** 30g Za'atar

### Instructions

#### ***For The Bread:***

1. Preheat your oven to 485°F and place a pizza stone or flat pan on the lowest rack.
2. Dissolve yeast and sugar in a bowl with the tepid water, and set aside for 10 minutes to allow yeast to activate. A bubbly sponge will form on top of the water once the yeast is ready.
3. In a separate bowl, whisk together, bread flour, and kosher salt. Create a well in the flour and add your yeast and water mixture. Using a wooden spoon, slowly mix together the flour and water, until it starts to resemble a shaggy mass, and the dough starts to come off the sides of the bowl.
4. Lightly flour your work surface, hands, and the top of the dough, and turn over your dough ball onto your working area. Gently knead your dough for 10 minutes and add only more flour if necessary. This dough should be slightly more wet than your standard dough, so refrain from over-flouring it.
5. Once a stretchy, buoyant and supple mass has formed, lightly cover the outside of the dough ball with flour, place into a clean bowl, and cover with a towel for 1 hour in a warm place or until the dough has doubled its size.
6. After your dough has risen, punch it down and turn onto a lightly floured work surface again. Gently knead it for two minutes and return it back into the bowl, and allow it to rise for a second time, approximately 45 minutes or until doubled.
7. Once the dough has risen for a second time, punch it down again, and return it back to your work surface. Cut the dough in half.
8. Place the dough on 10 x 15 inch section of parchment paper. Cover very lightly all around with flour to assure it doesn't stick to the parchment. Gently wet your hands, and using the tips of your fingers, press into the dough and spread the dough into the shape of a rectangle, to about 8 x 13 inches. Allow the bread to rise one last time for 25 minutes.

#### ***For The Glaze:***

1. Gently whisk cold water and flour in a non-stick pan until smooth and combined. Cook over medium-low heat until a thick paste forms. Add baking soda and hot water and continue to whisk until the glaze turns smooth and resembles the thickness of yogurt. Take off the heat and place into a bowl.
2. Using a brush, gently glaze the bread loafs all over the surface and sides to cover it evenly.

#### ***Shaping & Baking the Bread:***

1. Using the side of your hand, drag 4-5 lines into the dough from the top to the bottom, spread approximately 1 inch apart, in what look like guitar lines on an instrument (hence how the word "barb" finds its way into "Barbari").
2. Sprinkle the bread with sesame seeds or za'atar before transferring the bread to a paddle.
3. Slide the bread onto the preheated stone or pan and allow to cook for 10 -12 minutes or until golden brown all over.
4. Once baked, removed from the parchment paper, shake slightly to release any loose garnishes and allow to cool on cooling racks.
5. To serve, re-toast the bread in the oven for 3-4 minutes. Alternatively store the bread in a dry place for 3-4 days, or in the freezer for up to 2 weeks.



# "Zaytoon Parvardeh" Pomegranate & Walnut Marinated Olives

## Chef Behzad Jamshidi

### Allergens

- Contains nuts

### Kitchen Tools

- Food processor

### Ingredients (serves 4-6 people)

- 4 cups Green Olives, such as Cerignola, Gemlik, or Picholine
- 1 cup Toasted Walnuts, previously soaked in salted water over-night
- 2 tbsp Cold-Pressed Olive Oil
- 1/2 cup Pomegranate Molasses, Cortas Brand
- 2 tbsp Freshly Squeezed Lemon Juice
- 2 Garlic Cloves
- 2 tbsp Dried Mint
- 1/4 tsp Ground Angelica (Golpar)
- Kosher Salt & Freshly Cracked Black Pepper To Taste

### Instructions

1. In a food processor, add toasted walnuts & olive oil, and process until the contents resemble a grainy paste, with walnut pieces the size of lemon seeds.
2. Transfer the grainy walnut paste into an appropriately sized mixing bowl. To the bowl, add olives, pomegranate molasses, lemon juice, garlic clove paste, dried mint, ground angelica, and season to taste with kosher salt and freshly cracked black pepper.
  - If you cannot find pomegranate molasses, you can use balsamic reduction or date molasses (silan).
  - You can also make your own pomegranate molasses by combining equal parts of pomegranate juice to sugar and dissolving them together by heating the two in a heavy based pot together and bring it to a simmer for 4-5 minutes.
3. Mix together thoroughly using a spoon, and taste an olive for balance. The result should be mainly tart and salty, with undertones of walnut, sweet pomegranate, and pungent garlic. The mint and angelica should be fragrant but not overly bitter. Adjust accordingly to capture this profile.
4. Pack the olives away into a mason jar or similar vessel and store in a cool dry place for as long as it will last.

