

Salt and Serenity

Barbari Bread

Barbari bread is a type of Iranian flatbread. It is a fairly thick flat bread. It's more commonly known as Persian Flatbread in North America. This recipe comes from Hot Bread Kitchen who posted it on the King Arthur Flour website.

Makes 2 large flatbreads

Dough

14 ounces (1¾ cups) warm water (between 95°F-115°F)

1 teaspoon sugar

2¼ teaspoons active dry yeast

18 ounces (4 cups + 3 tablespoons) Bread Flour

2 teaspoons kosher salt or 1 1/2 teaspoons table salt

Glaze

2 teaspoons Bread Flour

½ teaspoon sugar

½ teaspoon vegetable oil

2½ ounces (⅓ cup) cool water

Topping

1 teaspoon sesame seeds

1 teaspoon nigella (black onion) seeds*

*Substitute poppy seeds or the seeds of your choice if you can't find nigella seeds.

OR

2 teaspoons za'atar

1. To make the dough: Mix the water and sugar until well combined. Sprinkle yeast on top of water and stir. Wait a few minutes until yeast bubbles up. Place flour and salt in the bowl of a stand mixer, with the paddle attachment. Add yeasted water and mix on low speed until dough just begins to come together. Switch to the dough hook and continue mixing on low speed for 6-8 minutes. The dough should barely clean the inside of the bowl, perhaps sticking just a bit at the bottom.
2. Put the dough in a lightly greased large bowl, cover the bowl, and let the dough rise until it's nearly doubled in size, about 1 hour.
3. Gently deflate the dough, and divide it into two pieces. Shape each piece into a rough log about 9" long. Tent the logs with lightly greased plastic wrap, and allow them to rest for 30 minutes.

4. While the dough is resting, prepare the glaze. Combine the flour, sugar, oil, and water in a small saucepan, bring to a boil, and immediately turn down heat to medium and cook, stirring constantly, until the mixture thickens and coats the spoon; this should take less than a minute. Remove the glaze from the heat, and set it aside.
5. Place the oven rack in the middle position. Preheat the oven to 450°F.
6. Working with one piece at a time, gently deflate the dough, and pat/flatten it into a 14" x 5" rectangle. Transfer the rectangle to a parchment lined baking sheet. Use your fingers (or the handle of a long wooden spoon) to press five lengthwise grooves into the dough. Press firmly, but don't cut through the bottom of the dough.
7. Spread half the glaze onto the dough, rubbing it all over. Sprinkle with half the seeds or za'atar.
8. Transfer baking sheet to the oven and bake it for 15 to 18 minutes, until it's golden brown. Remove the bread, and cool it on a rack.
9. While the first loaf is baking, prepare the second loaf. Bake as directed.
10. Serve warm, or at room temperature.
11. Store leftovers, well wrapped, for several days at room temperature; freeze for longer storage.

Notes:

I served one of the breads topped with burrata cheese, roasted cherry tomatoes, fresh basil, flaky sea salt and a drizzle of extra virgin olive oil.

I served the second bread with labneh, toasted walnuts, pomegranate seeds and pomegranate molasses.