

Lebanese Bread



Yeast Mix:

4 packets of dried yeast
1 1/3 cup **warm** water to mix with yeast
1/3 cup white sugar

Dough Mix:

12 cups plain flour
3 cups **warm** water
1 tablespoon salt

Method:

1. Activate yeast by combining 'yeast mix' ingredients in a large jug. Wait until mixture becomes frothy. Water must be **warm**, not hot or cold.
2. Measure plain flour and salt into a large bowl.
3. Create a well in the centre of the mix and pour the yeast mix and additional water into the well.
4. Mix well and knead enthusiastically for about 8 minutes. If sticky add more flour bit by bit until it has a good consistency. (If may be necessary to divide the dough mix into 6 and have 6 students kneading. Then recombine kneaded mix)
5. Place dough in the large bowl and cover with a clean cloth until after recess. It will become larger.
6. Knock back the dough and divide equally into 6 and distribute back to students:
 - Each student is to divide their dough into 6 (this will make 36 dough balls in total)
7. Place a dough ball on a lightly floured surface and flatten with a rolling pin until it is about ½ cm thick. It should be circular in shape. Put circular discs aside for about 5 minutes to rise a bit again.
8. Heat oven to maximum. Place discs on a baking tray and cook for about 5 minutes until the top has coloured. Continue until all are cooked.
9. Remove and store on the cooling rack until you are ready to serve.