



THYME BREAD

Ingredients

*155g strong white flour
3g dried yeast
6g soft brown sugar
3g salt
2g fresh thyme (or dried)
110g warm water
6g olive oil*

Topping

*6g olive oil
6g sesame seeds
4g black onion seeds
salt flakes optional
Greek yoghurt, strained, with finely chopped clove of garlic, optional
a few sunflower seeds optional
a handful of mint leaves, optional*

Method

Mix the **strong white flour, sugar, salt, thyme, onion seeds, yeast** and **warm water** in a bowl. Add the olive oil then knead for 5 minutes until it is smooth. Clean all the dough out of the bowl, moisten it then put the dough back in, covered, in a warm place for at least one hour.

Shape into a ball then rest the dough for 5 minutes.

Pat the ball out to a circle about 8" diameter using plenty of flour to stop sticking. Leave to prove for 20 minutes on a tray lined with floured baking parchment in a humid atmosphere if possible. Pour a desert spoonful of oil onto the dough then spread it round gently with your hand. Sprinkle the sesame seeds onto the oiled top.

Bake on a hot stone if you have one, or a pre heated heavy tray at 230°C for 10 minutes until the rounds are just lightly browned. When the bread comes out of the oven sprinkle a little more oil on top then drop a little crystal salt on the oil. Add a dollop or two of strained yogurt with finely chopped garlic mixed in. Lastly sprinkle with mint leaves and sunflower seeds. Eat!

