

Afghan Bread Recipe

From <https://afghancooks.com/afghan-bread-recipe/>

Ingredients

1 Tablespoon Yeast
1 Tablespoon Sugar
1/2 Cup Warm Water
2 Cups White Flour
2 Cups Whole Wheat Flour (or just 4 Cups white)
1/4 Cup Vegetable Oil
2 Teaspoons of Salt
2 Cups Water
Nigella Seeds (or substitute black sesame seeds)
Plain Yogurt (coconut yogurt for dairy free)
Mlik (coconut milk for dairy free)

Instructions

1. First, put yeast and sugar in a bowl, then add warm water. Let it sit for 5 minutes.
2. Once your yeast mixture is ready, add the flour, oil, and salt. Mix together.
3. Add approximately 2 cups of water slowly as you mix in. You must give the flour time to absorb the water.
4. Knead the dough for about 6-10 minutes. After that, add the dough to a greased bowl and cover it with a damp tea towel. Leave in a relatively warm area to rise. It should double in size. Let it rest for 1.5-2 hours.
5. After the dough has risen, preheat your oven to 220 degrees Celsius. Now prep two cookie sheets. This recipe makes two large loaves (make this into four loaves in Garden to Table). Place parchment paper over the sheets and grease the paper with oil.
6. Next, prepare your work area. Have a little cup of flour to avoid sticking to the surface.
7. Also, make a yogurt-milk mixture. Don't add too much milk, just enough to be able to spread it over top of your bread.
8. Punch your risen dough down. Now, place it in your floured work area. Cut in half (cut into quarters for Garden to Table).
9. Stretch your dough out so it is in the shape of an oblong Afghan loaf. Cover with the yogurt mixture and top with nigella seeds. Do the same for both (or all four) loaves.
10. Place them in your oven for about 15 minutes to start. Check on them. You do want them golden brown but not burned.
11. Remove from the oven, let cool, and enjoy!