

## **Jachnun**

(makes 6)

500 g bread flour (you can use whole wheat or half/half, but the dough will be harder to stretch without tearing)

25 g date syrup (or sugar/honey)

20 g honey

pinch of baking powder

12 g fine salt

± 300 g water (or more to make a springy dough)

60 ml oil (or 100 g margarine or butter)

To add later:

6 eggs

1 large tomato (or 2 smaller ones)

zhug (\* recipe below)

### **dough**

Mix the flour, honey, date syrup, baking powder, salt and water together to form a sticky wet dough and knead for a few minutes. Let it rest for 10 minutes to let the gluten relax.

To develop gluten you now start to knead the dough for 5 minutes. Place it in a lightly greased bowl and give it a stretch and fold like this: Lift up the side of the dough and fold it over, turn the bowl and repeat this for about 7 or 8 times. Check by making a window (stretch a piece of dough between your fingers as thin as possible, if it doesn't tear the gluten have developed as they shoot, otherwise knead or fold some more)

Cover with plastic and leave to rest at room temperature for 1 hour. (you can also leave your dough overnight, it might give more elasticity, but you have to let it come back to room temperature, otherwise it will be hard to stretch it out without too many tears)

### **prepare the pan and oven**

You can use a (ovenproof) cooking pan or springform (about 20 cm in diameter). It's optional to place some slices of stale bread on the bottom of the pan, this can prevent the jachnun from burning and absorb excess fat. You also can place the parchment on the bottom as it is. I used the bread. Fold a long piece of parchment paper lengthwise and place it in the pan, so the ends hang over the rim of the pot.

Preheat the oven to 105°C/225°F and place a rack in the lowest position in your oven.

### **shaping**

Divide the dough in 6 more or less equal pieces, shape them into a ball and leave to rest 10 minutes before the stretching begins.

To shape these rolls you have to stretch them using butter, oil or margarine.

Grease your work surface, place one piece of dough on it, grease the top and start working to make it the thinnest possible, while greasing it constantly. It is best to do this by hand, other methods (rolling pin) do not give the thinness.

When the dough is very thin (preferably like filo or strudel dough) fold 1/3 of one side over onto the dough, repeat with the other side (like a business letter). You now have a long strip, keep buttering/greasing the top, while you roll – starting at the narrow edge- the dough in a tight cylinder.

This video will show you how: <https://www.youtube.com/watch?v=Oygxy4i3u30>

### **Prepare for the oven**

Place three rolled logs next to each other, crosswise over the strip on the bottom of the pan. Place the other three crosswise on top of the first layer.

Grease/butter a double layer of parchment paper on one side and place on top, greased side down.

Now you can place the (raw, uncooked & unpeeled) eggs on top of the parchment paper. (you can also cook the eggs the next morning, to avoid green rims along the yolk, which I really detest)

Take a double layer of aluminum foil, cover the pot, securing the edges of the pan. Use a lid or a sheet pan to place on top of the foil. (or use a lid if available to keep it tight).

Place it on the rack in the oven and bake for 12 hours. (mine took 3 hours longer)

To crisp up the top, take lid and parchment paper off and bake in a fan oven for 20 minutes (200°C) or until golden.

The next morning you take out the pan, place the jachnuns on a plate and serve it with the peeled eggs around them. Serve with grated tomato and Zhug (hot, spicy and garlicky dipping sauce) for breakfast.

So you now understand you have to plan this... or get up in the middle of the night. You can also bake when you like and just take the rolls out and preheat them on a baking sheet with fan oven (to crisp them up a little too).

**\*Zhug** (traditional accompaniment; a dipping sauce with garlic, pepper and herbs)

3 dried red chili peppers, or 1 fresh red chili pepper (or 1 tsp chili flakes)

1 tsp black pepper, ground

1 tsp cumin seeds

½ tsp coriander, ground

4 medium garlic cloves

Pinch of cardamom, ground

Pinch of cloves, ground

½ tsp salt

30 g coriander leaves (or parsley if you dislike coriander)

Olive oil, enough to make a sauce-like consistency

Place all ingredients in a bowl and crush it to a sauce in a blender or with a stick blender.

Place the Zhug in a clean jar, tighten the lid and keep in the fridge until use.

(Fridge shelf life about 2 weeks, with a small layer of oil on top)

*(inspired/adapted by/from: "Breaking breads" – Uri Scheft and "Cafe Liz" (*

<http://food.lizsteinberg.com/2011/02/08/jachnun-yemenite-breakfast/>

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