



This Keto Khachapuri Georgian Cheese Bread with Feta Mozzarella is delicious. I was in Georgia while my husband was on a project there and I was really glad to get home. I ate so much of this bread that I put on a few pounds too many, but I couldn't resist. However, no problems with this Keto version! You have to try this and tell me what you think.

Servings - 8

Prep Time - 15 Mins | Cook Time - 15 Mins | Total Time - 30 Mins

Difficulty - Easy



Cuisine - Georgia

RECIPE

KETO KHACHAPURI GEORGIAN CHEESE BREAD WITH FETA MOZZARELLA

EQUIPMENT

[Cup and Spoon Measures](#)

[Mixing Bowls](#)

[Balloon Whisk](#)

[Wooden Spoon](#)

[Spatula](#)

[Non-Stick Silicone Baking Mat](#)

[Baking Sheet Pan](#)

[Parchment Paper](#)

[Wire Cooling Rack](#)

[Bread Knife](#)

INGREDIENTS

Dough

[45 ml Almond Milk \(unsweetened\)](#)

[30 ml Double/Heavy Cream](#)

[2 Tsp Active Dry Yeast](#)

[1 Tsp Maple Syrup](#)

1 Large egg

[1 Tbsp Light Olive Oil](#)

[200 g FHALL Low Carb All-Purpose White Flour](#)

[1 Tsp Himalayan Salt \(Ground\)](#)

Filling

[200 g Crumbled, Feta Cheese](#)

[150 g Mozzarella Cheese, Grated](#)

1 Large egg

METHOD

Dough

In a small saucepan heat the milk and cream to 110 F/43 C and then pour into a small bowl, and add the yeast and maple syrup.

Whisk the yeast and maple syrup into the milk and cream until it dissolves.

Let it sit for 5-10 minutes until the yeast is activated. It should look foamy. When it is

ready, whisk in the egg and the oil until the mixture is fully combined and set aside.

Whisk the flour and salt in a large bowl. Make a well in the center of the flour and pour in the wet ingredients. Stir until you have a dry, shaggy dough.

Turn the dough out onto a silicone mat and knead for between 5 and 10 minutes until the dough becomes smooth, supple and barely tacky.

Transfer the dough to a lightly oiled bowl and cover it with a plastic lid (if you have one) or a damp tea towel. Move to a warm place. Let the dough rise until doubled in size, about one hour. If your room is cold or drafty, proof your bread in the oven with a tray of boiling water below it. Making sure your oven is turned off.

Preheat oven to 425 F/220 C to Fan 200 C/Gas Mark 7.

Filling

In a small bowl, combine the Feta cheese, 100 g of the mozzarella cheese and the egg. Mix to combine and set aside.

Punch down your dough and turn it out into a lightly floured work surface. Roll the dough until it is approx 10-inches in diameter. Place the cheese mixture into the center. Pat the cheese until there is a 3-inch overlap of the dough around the edges of the cheese. Fold the dough around the cheese, pinching it to seal the filling completely.

Roll the dough, careful not to split it, and the filling is sealed in until it measures approx 14-inches in diameter. Cut a small steam vent in the center of the khachapuri.

Sprinkle the remaining 50 g of mozzarella over the khachapuri.

Transfer to a parchment-lined baking sheet. Bake until the cheese is melted and the khachapuri is puffed and lightly golden brown, about 10-15 minutes.

Transfer to a wire rack and allow to cool for about five minutes before slicing and serving.

STORAGE

Store in the fridge for 4 or 5 days. Heat in the microwave for 30 seconds

NUTRITION FACTS

Per Serving : 82 g | Calories 188 | Protein 17.6 g | Fat 13.6 g | Carbs 9.5 g | Fiber 4.4 g
Net Carbs : 5.1 g

LOW CARB - KETO - SUGAR FREE - VEGETARIAN

For more delicious recipes visit the recipe section of our website at:

<https://www.forhealthandlonglife.com/recipes>