



Dabo - Honey Bread from Ethiopia

Preparation time: 25 min

Resting time: 2 hours

Baking time: 45 min



Ingredients

For the dough:

1 egg	1 tsp ground allspice
10g salt	60ml lukewarm water
250g milk	1 tsp ground cinnamon
75g butter	1 tsp ground cardamom
125g liquid honey	525g flour (I used all-purpose flour)
	3g dry yeast (or 20g fresh yeast)

For brushing:

1 EL Salz
2 EL Wasser

For sprinkling:

Sesame seeds
or fennel seeds

Dissolve the yeast in lukewarm water and let it sit for 15 minutes.

After the resting time, roll out the dough on a well-floured surface to fit the baking pan, forming a circular shape. If desired, create a pattern on the surface using a pizza cutter or knife.

In a bowl, lightly beat the egg with a fork, then add the honey and all the spices. Mix thoroughly.

Dissolve the salt in water and evenly brush the surface of the dough with it. Sprinkle with sesame seeds or fennel seeds. Cover the pan and let it rest for about 20-25 minutes.

Warm the milk and melt the butter in it.

Preheat the oven to 200°C (392°F) top/bottom heat.

Place the flour in the bowl of a stand mixer. Add the dissolved yeast, honey mixture, and milk-butter mixture. Knead until a soft dough forms (about 3 minutes on speed 1, 8-10 minutes on speed 2). The dough should be soft but no longer sticky.

After the resting time, bake the bread for 45-60 minutes until it has a nice golden color.

Cover the dough and let it rest for approximately 90 minutes in a warm place. The volume should double in size.

Remove the bread from the pan and let it cool on a wire rack.

Meanwhile, grease a 24 cm springform pan and dust it with flour (sides and bottom).

TIP: You can also shape the bread into a loaf and bake it in a pot. After 30 minutes, remove the lid and continue baking without the lid until done, as described above..

Have fun and bon appétit!

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