



Himbasha - Sweet Festive Bread from Eritrea

Preparation time: 25 min

Resting time: 70 min

Baking time: 20 min



Ingredients

For the dough:

1 egg
80ml oil
3g dry yeast
A pinch of salt
500g spelt flour

1 tsp sesame seeds
250ml lukewarm water
55g coconut blossom sugar
2 tsp cardamom and coriander

For brushing:

1 tbsp salt
2 tbsp water

For sprinkling:

Black sesame seeds

Preparation

Dissolve the yeast in lukewarm water, stir in the coconut blossom sugar, and let it sit for 15 minutes.

Add salt, sesame seeds, cardamom, coriander, flour, egg, oil, and the dissolved yeast to a mixing bowl and combine to form a dough.

Knead the dough on a lightly floured surface for 5 minutes until smooth. Place the dough in a greased form, cover with plastic wrap, and let it rise in a warm place for 1 hour until doubled in size.

Preheat the oven to 180 degrees Celsius.

Divide the dough into 2 portions. Roll each portion into a 2 cm thick round flatbread. Place them on two greased baking sheets or in two greased springform pans. Use a sharp knife to draw 3 circles from the center outwards, then make star-shaped incisions on the dough.

Brush with oil and sprinkle with black sesame seeds. Bake for 20 minutes until the bread is golden brown.

Have fun and bon appétit!
Let nature be your healer,

Magda

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