



RECIPE OF THE WEEK: 07/03/2022
Lagana
(Greek Flatbread with Sesame Seeds)

Lagana is baked on Clean Monday, which is the first Monday before Lent in the Greek Orthodox Church. It is only eaten on this day but there is no reason it cannot be prepared on any other day of the year. It is a tasty bread; crusty on the outside, soft and fluffy on the inside. It can accompany dips like taramasalata and other dishes.

The traditional recipe is easy to follow, although there are a few secrets for perfect results; to achieve a crispy lagana with a golden-brown colour.

Ingredients (For 1 large loaf or 2 small loaves)

300ml tepid water (temperature between 16°C and 38°C)

1 tbsp sugar

9g dried yeast

60ml olive oil

500g plain flour

1 tsp salt

For brushing

30g plain flour

10g sugar

60ml tepid water

For sprinkling

1 tbsp tepid water

1 tbsp olive oil

100g sesame seeds



Method

1. In a small bowl, mix the tepid water and sugar. Add the yeast and stir well and leave to rest for 5 minutes until it starts to bubble. Do not add the salt at this stage as it may kill the yeast.
2. Add the olive oil, flour and salt and mix well with a whisk.
3. Place the dough on a lightly floured surface and knead it for 7-8 minutes until you have soft and malleable dough.
4. Put the dough in a clean, oiled bowl and cover with damp tea-towel or cling film. Leave in a warm place for at least 1-2 hours until it doubles in size.
5. When the dough is ready, take out of the bowl and with your hands, mould it into a bowl. Layer parchment paper onto a baking tray 35cmX30cm and brush it with olive oil. Either leave the dough as it is or cut into two pieces. In preparation for one or two loaves, spread the dough with your hands onto the tray as one or two rectangular shapes, 2cm thick.
6. Cover the dough again with a towel or cling film and leave for 30 minutes.

7. Pre-heat the oven to 220°C/200°C fan/gas 8.
8. Remove the towel or cling film and press the surface of the dough with your fingers to create indentations all over. Sprinkle the water on top of the dough and brush it with the mixture of flour, sugar and water. Generously sprinkle the sesame seeds on top of the dough.
9. Bake the lagana in the pre-heated oven for 25-30 minutes until golden-brown.
10. Remove from the oven and let it cool for 5-10 minutes before serving.

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