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Ancient Egyptian Bread

In ancient Egypt, bread was eaten daily by both the rich and the poor. Bread was one of the most important foods for ancient Egyptians. Archaeologists have found drawings showing how bread was made in ancient Egypt and bread was even found in some tombs!

Follow our recipe below to make your own version of Egyptian bread.

Ingredients

375 grams of whole wheat flour.

A handful of chopped dates or 3 tablespoons of date syrup.

Half a tablespoon of honey.

Half a tablespoon of salt.

1 teaspoon of baking powder.

125 grams of warm water.

Method

1. Add all the ingredients into a big mixing bowl and mix together. Make sure the water is warm so the dough rises. Add more water if the dough is too dry.
2. When your dough is mixed together, place it in a bowl covered by a wet towel so it doesn't dry out. Then, leave it for about an hour until it rises.
3. You can bake your ancient Egyptian bread in one big ball to make a big loaf, or divide into smaller balls if you want to.
4. Cook in the oven at 230°C for about 15 minutes until the bread is golden brown. Ask an adult to help you with the oven.

The dates give this bread a sweet flavour - just like in ancient Egypt!





Egyptian Flatbread

Makes 8 flatbreads

Ingredients

300 grams of whole wheat flour.

Half a tablespoon of (active dry) yeast.

Half a tablespoon of salt.

Half a tablespoon of oil.

2 teaspoons of sugar.

300ml of warm water.

Method

1. Mix the yeast with the water and sugar in a big mixing bowl.
2. Cover the bowl with a tea towel and let it sit for 10 minutes until it is bubbly (caused by the yeast activating).
3. Add half the flour to the bowl and mix it together with a spoon.
4. Cover again with the tea towel and leave it in a warm place for 30 minutes.
5. Then, add the rest of the flour, the salt and the oil to the bowl.
6. Knead the dough for 10 minutes until it is soft, not sticky.
7. Cover the bowl with the tea towel again (for the last time!) and wait about an hour until the dough doubles in size!
8. Now you can divide the dough into 8 balls and roll them out to look like flatbreads on some baking paper.
9. Place the flatbreads on a baking tray (still on the baking paper) in the oven at 240°C for about 6 minutes and watch them fluff up! Make sure an adult helps you with the oven.
10. Enjoy your yummy Egyptian flatbread!

