

Turkish Flatbread (Ekmek)

October 12th, 2021

This recipe serves: 8

Prep Time: 02:30

Cook Time: 00:30

Ekmek, meaning "bread" in Turkish, is a traditional Turkish Flatbread. Ekmek is typically made into round flat loaves and eaten as an accompaniment to any meal.

Ingredients:

Dough

5 Cups (21.25 Ounces/600 Grams) of Bread Flour

1 Tablespoon Yeast

2 Teaspoons (12 Grams) Table Salt

1.5 Cups (12 Ounces/360 Grams) Water

3 Tablespoons (66 Grams) Honey

4.5 Tablespoons (54 Grams) Olive Oil

Toppings

1 Tablespoon Sesame Seeds, divided into 4 equal portions.

1 Egg White

1 Tablespoon Water

Directions:

Mix

In a large mixing bowl, add the Flour, Yeast, and Salt. Mix until fully integrated.

Mix together the Water and Honey.

Run the mixer, with the dough hook attached. Add the Water mixture and continue to mix, increasing speed to medium, as needed.

It may be necessary to stop the mixer and use a spatula to remove flour from the insides of the bowl.

When the dough reaches a "loose shag" stage, add the oil.

Continue to run the mixer until the dough comes together into a single clump of dough and the Oil is fully integrated.

Turn out the dough into a large bowl. Cover with plastic wrap or a tea towel and allow to rise for an hour and a half. The dough should double in size.

Punch down the dough and separate into 4 even sections (each should weigh about XX Grams). Shape each section into a ball.

Let the dough balls rest on the counter for about 10 minutes to relax the gluten.

Gently flatten each dough ball and make flat circles, about 9 inches across.

Line a large baking sheet with parchment paper and move each dough disc to the baking sheet.

Cover the dough with greased plastic wrap and let rise again for about 30 minutes.

Meanwhile, preheat the oven to 375°F.

After 30 minutes, gently remove the plastic wrap.

Beat the Egg White with 1 Tablespoon of Water to make an Egg wash.

Use a sharp knife to slash the top of each loaf in a grid pattern, with the cuts spaced about 1 inch apart.

Brush the tops of each Ekmek with the Egg wash and then sprinkle with Sesame Seeds.

Bake for 20 to 25 minutes, until golden brown. The internal temperature should reach 205° Fahrenheit.

Remove from the oven and serve warm.

The baked Ekmek can be sealed in a refrigerator dish and stored at room temperature for up to two days, or can be frozen up to 1 month.