

# Fennel & Leek Bread

Bialik College Kitchen Garden Program



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## Ingredients:

- 7g dry yeast
- ½ cup water
- 1 ½ cups plain flour, plus extra for kneading
- 1 large egg
- 2 tablespoons extra virgin olive oil
- TOPPING:
- 2 tablespoons butter
- 1 fennel bulb, sliced
- 1 leek, finely sliced
- 2 cloves garlic & 1 teaspoon salt
- ¼ cup feta cheese, crumbled
- ¼ cup parmesan, grated
- zest of half a lemon
- fresh oregano, finely chopped (or any other herb from the garden)

## Equipment:

- chopping board
- knife
- metric measuring cups/spoons
- bowls x3
- fork
- rolling pin
- baking tray
- grater
- zester
- baking tray
- frying pan

## Method:

1. In a small bowl stir together the yeast and warm water, let stand for about 5 minutes.
2. Beat together egg, 1 tablespoon of oil & salt. Set aside.
3. In a medium bowl, place the 1½ cups flour and create a well in the middle.
4. Add yeast mixture and egg mixture. Using a fork, combine mixture and place on a floured workbench.
5. Knead until the dough is smooth & elastic, adding flour as necessary.
6. Place dough in a bowl with 1 tablespoon oil and swirl around. Place dough in bowl, cover with plastic wrap and let stand at room temperature for 1 hour.
7. Using a mortar & pestle, smash 2 cloves of garlic with 1 teaspoon salt, making a paste. Set aside.

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8. In a large frying pan, over medium heat, melt butter and then add fennel and leek. Saute till tender & golden, season with salt & pepper. (15-20 minutes)
9. Preheat oven to 180C.
10. On a floured surface, knead dough and roll out to form a rectangle.
11. Brush dough with oil, and evenly distribute the garlic paste, cheese, caramelised fennel/leek mixture and lemon zest.
12. Sprinkle some fresh oregano on top. Season with salt & pepper.
13. Bake flatbread for 20 minutes or until crust is golden brown.
14. Serve warm.