

Rosemary Lavosh

Bialik College Kitchen Garden Program



Ingredients:

- 300g '00' flour
- 14g dried yeast
- 4 tablespoons olive oil, plus at least 2 tablespoons extra for oiling and brushing
- 2/3 cup warm water
- salt, for sprinkling
- 3 sprigs rosemary, leaves picked and finely chopped
- 1 tablespoon fennel seeds
- 2 tablespoons white sesame seeds
- 1 tablespoon black sesame seeds

Equipment:

- metric measuring scales, jug, cups and spoons
- clean tea towel
- chopping board
- chef's knife
- wooden spoon
- large mixing bowl
- pastry brush
- medium mixing bowl
- plastic wrap
- pasta machine
- baking trays
- baking paper
- fork
- wire rack

Method:

To make and rest the dough:

1. Combine the flour and the yeast in the large mixing bowl.
2. Make a well in the centre of the flour and carefully pour the 4 tablespoons of oil into the centre of the well.
3. Stir with your hands to mix the flour and oil, and slowly add the warm water.
4. Knead for about 7 minutes or until the dough is silky smooth.
5. Transfer the dough to an oiled medium-sized bowl, cover the bowl tightly with plastic wrap and allow the dough to rest for at least 15 minutes or until it has nearly doubled in size (this is called proving).

To roll and bake the dough:

1. Preheat the oven to 250C (fan-forced).
2. Fix the pasta machine firmly to your workbench, with plenty of room to roll out your dough.
3. Unwrap the dough, punch in the middle once to knock out some air and tip the dough onto a clean bench. Knead gently by hand until the dough is smooth and does not stick to your fingers.
4. Roll the dough into a sausage about 30cm long and cut into three equal pieces. Keep one piece out and fold the others back in the plastic wrap to keep moist.
5. Flatten and shape the dough into a rectangle about 2mm thick.
6. Pass the dough through the widest setting of the pasta machine, twice. If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
7. Set the rollers to the next widest setting and pass the dough through. Repeat again until dough is about ½ mm thick.
8. Place the rolled out dough onto a chopping board and cut into even-sized squares or triangles.
9. Place the dough onto lined baking trays and prick all over with a fork for a crisp finish.
10. Brush the lavosh with the reserved oil and sprinkle with sea salt, fennel seeds, white and black sesame seeds and chopped rosemary.
11. Repeat this process with the two remaining pieces of dough.
12. Bake in oven for approximately 5 minutes or until the lavosh is golden and crisp.
13. Cool on a wire rack before serving or store for up to three days in an airtight container.