

# Banana bread



- 1 1/2 cup flour
- 3 large ripe bananas
- 1/2 cup raw sugar
- 1/2 cup sunflower oil
- 1 1/2 teaspoon baking powder
- a pinch of salt
- 1 teaspoon vanilla essence
- 1/2 teaspoon cinnamon powder
- 1/2 cup sunflower seeds (optional)
- 1/2 cup raisins (optional)

Blend the bananas with the sugar until smooth.

Mix all ingredients.

Grease a oven cake form with a little oil, pour the mixture into it and bake over medium heat (175C) for approx. 50 minutes.

Allow to cool a little bit before cutting slices.

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# Koulouria



Koulouria

## **For approx. 10 pieces:**

500 g flour  
3 teaspoons dry yeast  
250 ml warm water  
25 ml sunflower oil  
50 g raw sugar  
1/2 teaspoon salt  
150 g sesame seeds

Mix 2 tablespoons of sugar with the yeast in half of the amount of water. Allow to rest 10 minutes until the yeast begins to ferment.

Mix all ingredients in a bowl, to obtain a dough. Knead the dough at least 5 minutes.

Cover and let rise in a warm spot for at least an hour, until doubled in size.

Knead the dough for another 5 minutes.

Take pieces of dough and make rolls of about. 35 cm long and 2-3 cm thick. Wet the rolls with water and get them through the sesame seeds. Join the ends to form a ring.



Koulouria

Bake in preheated oven at 220 C for approx. 15 minutes.

Serve warm or cold (keep them in a plastic bag otherwise they will become hard).

*Note: Koulouria are traditional Greek sesame bread rings.*

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## Tortilla wraps

**For 6 pieces :**

200 g flour

120 ml of warm water

1 tablespoon oil

a pinch of salt

Mix all ingredients. Knead the dough for 5 minutes, cover with a towel and leave it to rest in a warm place for about half an hour.

Divide the dough into 6 equal pieces, forming balls. Roll each piece of dough with a rolling pin, to a round shape of approx. 20 cm.

Bake for 2-3 minutes on each side, in a hot non-stick frying pan (no need to be greased), on medium heat.

The sheets are filled while they are still warm, or keep stacked and warm inside a clean tea towel, otherwise it will harden.

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## Pita bread



Pita bread

### **4-5 pieces:**

200 g flour

120 ml warm water

1 teaspoon yeast

1 teaspoon raw sugar

a pinch of salt

1 tablespoon oil

Mix the sugar and the yeast in half of the amount of water. Allow to rest 10 minutes until the yeast begins to ferment.

Mix all ingredients in a bowl, to obtain a dough. Knead the dough for at least 5 minutes.

Allow the dough to rise for at least one hour, in a warm place, until the volume is doubled.

Divide into 4-5 equal parts and form balls.

Allow to rise for 10 minutes.

Roll each piece of dough in a round shape (about 10 cm in diameter).



Pita bread

Allow to rise for another 20 minutes.

Bake in the pre-heated oven, on high heat (220 C) until golden brown (about 4-5 minutes).

Serve warm (once cooled, they become hard) with various fillings ([falafel](#), [shoarma](#) etc.).

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## Pretzels



## Pretzels

For 6 medium-size pretzels:

2 cups flour  
1 cup warm water  
2 teaspoons yeast  
1 1/2 tsp raw sugar  
1/2 teaspoon salt  
1 tablespoon oil  
coarse salt  
poppy seeds (optional)

2 liters water  
2 tablespoons baking soda

Mix the sugar and yeast in  $\frac{1}{2}$  cup of warm water. Allow to rest 10 minutes until the yeast begins to ferment. In a bowl, mix the flour, oil, salt, yeast and add the remaining water. The dough should be elastic.

Knead it for at least 5 minutes with the hands smeared with a little bit oil, to prevent sticking.

Allow the dough to rise for at least one hour, in a warm place, until the volume is doubled.

Divide the dough into six equal parts. Roll each part on a work surface dusted with a little flour. The roll should be thicker in the middle and thinner at the ends. Place the roll in the form of the letter U ...





Pretzels

... twist the ends twice, one over the other...



... attach them to the base.



Bring 2 liters water to a boil, add two tablespoons of baking soda. Dip the pretzels, carefully, one by one, into the hot water (they will float) for a few seconds and then place them on a baking tray. Sprinkle with coarse salt (and / or poppy seeds).



Bake them in the preheated oven, about 20 to 30 minutes.



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## Romanian-moldavian mucenici



Romanian-moldavian mucenici

1/2 kg flour  
125 g margarine  
1 cup soy milk



125 g raw sugar

15 g dry yeast ( 40 g fresh yeast )

1 tsp. vanilla essence

zest of an orange / lemon (optional )

saffron / a pinch turmeric (optional, for the color)

Mix the saffron/turmeric with the soymilk.

Mix together the flour, yeast, sugar and margarine. Add the vanilla essence, soy milk, orange/lemon zest and knead for approx. 10 minutes.

The dough should not stick to the hands, if so add a little bit more flour. Cover with a clean kitchen towel and let rise in a warm place until doubled in volume (about one-one and a half hour).

Divide the dough into equal parts, roll each part on a work surface dusted with a little flour. Form "eights" and let it rise again.

Bake in pre-heated oven on medium heat until brown.

When cooled brush them with maple/agave syrup and sprinkle with crushed nuts.

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## **Cozonac (romanian panettone)**



Cozonac

### **Ingredients for 2 cozonaci:**

1 kg flour  
250 g margarine  
2 cups soy milk  
250 g raw sugar  
15 g dry yeast ( 30g fresh yeast )  
300g raisins  
2 tsp. vanilla essence  
zest of an orange / lemon (optional )  
saffron / 1/4 tsp. turmeric (optional, for a nice color)

Mix the saffron/turmeric with the soymilk.

Mix together the flour, yeast, sugar and margarine. Add the vanilla essence, soy milk, orange/lemon zest and knead for approx. 10 minutes.

The dough should not stick to the hands, if so add a little bit more flour. Cover with a clean kitchen towel and let rise in a warm place until doubled in volume (about 2 hours ) .

Add the raisins and knead for approx. 5 minutes.

Divide the dough into two equal pieces and put each piece into cake form. You can also shape the dough into 2/3 ropes and braid.

*Variation: with walnut filling:*

300 g walnuts, ground  
100 g raw sugar  
200 g raisins soaked in amaretto / rum  
3 tablespoons cocoa  
a little bit warm soy milk

Mix all the ingredients for the filling adding the soy milk little by little until you get a paste.

Roll the dough with a rolling pin, add the walnut filling on top and spread evenly. Roll.

Let it rise again in a warm place for about an hour.



Cozonac

Bake at medium heat (175 C), in a pre-heated oven, approx. 45-60 minutes. Do not open the oven door during this time!

Check with a straw if it is baked inside otherwise continue baking a few minutes longer.

Allow to cool in the baking form.

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# Naan bread



Naan bread

## Ingredients:

500 g flour  
50 ml soy yogurt  
150 ml unsweetened soy milk/water  
7 g yeast  
1 teaspoon raw sugar  
1 teaspoon salt  
1 teaspoon baking powder  
2 tablespoons oil

Mix the flour with the yeast, add the soy yogurt, salt and the baking powder. The soy milk/water is incorporated gradually until you get the consistency of bread dough. If needed add more flour or soy milk/water.

Knead the dough well for a few minutes.

Allow to rise for approx. 1-2 hours, in a warm place, until it doubles in volume.

After rising, briefly knead the dough again, divide into equal portions, forming balls. Roll the dough balls in length with a rolling pin.



Naan bread

Bake the naan in the hot oven for a few minutes until lightly browned. You can cook it also on the stove in a very hot pan, greased with a little oil or in wood fired oven (pizza oven).



Naan bread

Serve the naan along with traditional Indian dishes.