



Ancient Egyptian Sun Bread

Makes 8 round loaves about 10cm in diameter

INGREDIENTS:

- ½ tsp dry yeast
- 1 ½ cups warm water
- ½ tsp honey
- 3 cups whole-wheat flour
- ¼ tsp fine sea salt
- Plain white flour for dusting



METHOD:

1. Preheat the oven to 200C
2. Place the yeast in the small bowl with ½ cup warm water and the honey. Stir gently and set aside in a warm place for about 20 minutes until it begins to double or froth.
3. Sieve the flour into the large bowl. Set aside the large flakes (wheat bran) for later.
4. Add the salt to the flour, then add the yeast, honey and water mixture.
5. Stirring gently, add the rest of the warm water, ¼ cup at a time. You might not need all the water. Stop when the dough pulls together into a ball.
6. Sprinkle some flour onto a clean workbench, tip out the dough and knead it for about 30 seconds.
7. Press the dough with your hands into a flat shape about 1cm thick.
8. Cover the baking trays with baking paper and sprinkle with a generous handful of the wheat bran you saved earlier.
9. Using a cookie or scone cutter, cut circles from the dough, lift them gently with a spatula and place them on the baking trays.
10. Gather up the scraps, press together, flatten to 1cm thickness and cut more circles until all the dough is cut. Leave the circles to rise for 15 minutes in a warm place.
11. Using a spatula if needed, gently turn them over. Sprinkle again with bran. Leave for 15 minutes.
12. Decorate the loaves of Sun Bread with rays and circles with your decorating tool.
13. Bake the loaves for 10-15 mins until the tops turn golden. Place on cooling racks for a couple of minutes. Serve warm.

*Decorating tool such as a wooden or metal spoon or fork