

Egyptian Khorasan Bread

The Egyptian empire lasted for more than 2000 years, and in that time, bread baking changed considerably. In the first dynasty, bread was baked either on flat hot stones as unleavened bread, or made in clay ovens as triangular flat bread loaves.

500 grams Kamut or Khorasan flour with 5 grams dried yeast added.

400 ml Warm water with 15 ml olive oil added.

Mix to a dough and kneed – rest for at least 1 hour.

Knock down and re-kneed for about 2 minutes and rest for half an hour.

Shape into small balls of dough and flatten to 10-15 cm discs.

Place on a dry baking tray and allow it to rise for 30 minutes.

Cook in a hot oven, about 210°C (fan 200) for about 20 minutes.



Much of the flour used for bread making was ground by hand on stone querns from Emmer wheat (*Triticum dicoccum*). This type of wheat is a high protein, low gluten content wheat, with a relatively low grain yield by modern standards. Bread made from this wheat will not rise as much as modern bread, though it is firmer and has a much more defined taste.

By the Ptolemaic dynasty, Khorasan wheat (*Triticum turgidum turanicum*) was the predominant wheat used to produce bread flour. This wheat is a higher yielding variety than Emmer, though it still has relatively low gluten content and similar properties for bread making. The shape and size of bread is similar, with small round flat breads and small triangular flatbreads which were used to sop-up and lift food to be eaten in the absence of a modern fork. Larger round flatbreads would be used as plates for holding food and would be eaten at the end of the meal.

