

Turkish Lahmacum

Equipment:

Small bowl
Medium sized bowl
Large frypan
Garlic crusher
2 baking trays
Knives
Chopping boards
Measuring cups and spoons
Wooden spoon

Ingredients:

Dough

1 tsp dried yeast
½ tsp sugar
150 ml lukewarm water
3 cups plain flour
½ tsp salt
A few drops of sunflower oil

Topping

1 tbsp olive oil
1 tbsp butter
1 onion
3 garlic cloves
500 g finely minced lean lamb
3 tbsp tomato puree
1 tbsp sugar
1-2 tsp Turkish red pepper
1 tsp dried mint
1-2 tsp ground sumac
1 bunch of fresh flat leafed parsley, roughly chopped
1 lemon halved
Salt and pepper

What to do:

1. Make the dough. Put the yeast and sugar into a small bowl with the lukewarm water. Set aside for about 15 minutes until frothy.
2. Sift the flour and salt into a large bowl, make a well in the middle and add the creamed yeast and the rest of the lukewarm water. Using your hand, draw in the flour and work the mixture to a dough, adding more water if necessary.
3. Turn the dough on to a lightly floured surface and knead until it is smooth and elastic. Drip a few drops of sunflower oil into the base of the bowl and roll the dough in it. Cover the dough in a damp dish towel and leave in a warm place for about 1 hour or until the dough has double in size.
4. Meanwhile, prepare the topping. Heat the oil and butter in a heavy pan and gently fry the onion and garlic until they soften. Leave to cool in the pan.
5. Put the lamb in a bowl; add the tomato puree, sugar, red pepper, and mint, then the softened onion and garlic. Season with salt and pepper, and mix and knead with your hands. Cover and keep in the refrigerator until you are ready to use.
6. Preheat the oven to 220°C.
7. Punch down the risen dough; knead it on a lightly floured surface, then divide into 2 equal pieces. Roll each dough to fit 2 baking trays.
8. Place the dough on 2 baking trays, then cover with a thin layer of meat mixture, spreading it right to the edges. Bake for 15-20 minutes, until the meat is nicely cooked.
9. As soon as the lahmacum are ready, sprinkle them with the sumac and parsley. Squeeze lemon juice over the top and roll them up while the dough is still pliable. Eat like a pizza- with your hands, or on plates with a knife and fork.