



# KUBANEH

## OILY BREAD PREPARED FOR SHABBAT MORNING

### Introduction

Sabbath bread originating from Yemen – one of the oldest Jewish communities. It is usually baked overnight at a low temperature. It is the main ingredient in a Sabbath Yemeni breakfast, along with a hard-boiled egg, chopped tomatoes, and spicy zhug paste.

### INGREDIENTS

- 290 g of lukewarm water
- 20 g of fresh yeast
- 500 g of wheat flour type 500
- 60 g of sugar
- 20 g of salt
- 150 g of butter

### Preparation method

#### • Step 1

Pour the water into the bowl, add the crushed yeast and stir, then add the flour and sugar, mix the dough, add salt and continue kneading until the dough starts to peel off the sides of the bowl.

#### • Step 2

Sprinkle the countertop with a little flour and put the dough on it. Stretch the dough with one hand apart and fold it in half. Repeat this 10 times on each side until the dough get smooth.

#### • Step 3

Set aside at room temperature for approx. 30 minutes to rise.

#### • Step 4

Melt the butter in a saucepan, brush a large plate with a little butter. Sprinkle the countertop again and remove the dough as it rose. Divide it into 8 equal parts and shape into smooth balls, then place them on a buttered plate, and repeat with the remaining 7 dough pieces.

#### • Step 5

Cover the plate with cling film and set aside at room temperature for another 30 minutes.

- **Step 6**

Grease a round pan with butter. Spread the butter also on the surface where the dough was kneaded. Take the dough ball out of the plate, brush it with another tablespoon of butter, press it down gently, and spread it into a paper-thin square. Use more butter if needed — it helps to spread the dough without tearing it apart.

- **Step 7**

Fold the dough in three. Starting at the bottom of the strip (closest to you), roll the dough into a tight cylinder. Cut the cylinder in half crosswise to reveal the inside of the curl, then place the halves with the cut side up.

- **Step 8**

Repeat steps 6 and 7 with the remaining dough balls. Save 1 tablespoon of butter for later use. If you are using a springform pan, wrap the bottom with large aluminium foil to prevent butter leaks.

- **Step 9**

Cover the dough with cling film and set aside in a warm, draft-free place for approx. 40 minutes.

- **Step 10**

Preheat oven to 240°C. Dissolve the remaining 1 tablespoon of butter, brush it over the top of the dough and place the pan in the oven.

- **Step 11**

After 15 minutes, reduce the temperature to 180°C and bake until the top is deep golden for another 30-40 minutes. Take the dough out of the oven and let it cool for at least 20 minutes before removing it from the mould.

**Smaczneho!**