

SPICY-SWEET BUNS

Ingredients

1 cup milk ?
 4 to 5 cardamom pods (12-15 more, for garnishing)
 1 stick cinnamon
 1 tsp nutmeg powder
 1/3 cup white sugar ?
 1/3 cup butter ?
 1 tablespoon active dry yeast
 4 cups all-purpose flour ?
 1/2 teaspoon salt ??
 2 eggs ?
 2 tablespoons vegetable oil

Method

In a saucepan, heat up the milk with cardamom, cinnamon and nutmeg powder, and bring to a boil. Lower the heat to medium, and combine sugar and butter with the milk, and then lower the heat further. Remove from the heat, discard the cardamom and cinnamon and stir in the yeast. Let it stand until foamy, which should take about 10 minutes. In a large bowl, stir together the flour and salt. Mix in the eggs, oil, and the yeast mixture. Mix until the dough pulls away from the sides of the bowl. Turn the dough out onto a floured surface and continue to knead until the dough is smooth and elastic, which should also take about 10 minutes. Grease a large bowl with 1 tablespoon of oil. Place the dough into the bowl and turn once to coat. Cover and let it rest in a warm place about 1 hour or until double in size. Use the remaining oil to grease a cookie sheet or 9x13 inch pan. Punch down dough and divide into 12-15 equal pieces. Roll the pieces into balls and place them into the greased baking pan side by side. Place one cardamom at the centre of the top of each ball. Let



the dough rise further for 20 to 25 minutes, or until almost double. Preheat oven to 190°C. Bake for 20 to 25 minutes in the pre-heated oven, until rolls are golden brown.

RAISIN BRAID

Ingredients

1 tsp active dry yeast
 1/4 cup warm water
 1 cup warm milk
 1/2 cup sugar
 1/2 cup butter, softened
 3 eggs
 1/2 teaspoon salt
 5 to 6 cups all-purpose flour
 1 cup golden raisins
 1 egg, lightly beaten

2 tablespoons sliced almonds

Method

In a large bowl, dissolve the yeast in warm water. Add the milk, sugar, butter, eggs, salt and 3 cups flour and beat until smooth. Stir in enough remaining flour to form a soft dough and stir in the raisins. Turn onto a floured surface and knead until smooth and elastic, for about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let the dough rise in a warm place until doubled in size, which should take about 1 hour. Punch dough down. Turn onto a lightly floured surface and divide the dough into six portions. Shape each into a 12 inch rope. Place three ropes on a greased baking sheet and braid, and pinch the ends

to seal and tuck under. Repeat with remaining ropes. Cover and let rise until doubled, about 45 minutes.

Brush with egg, sprinkle with almonds, and bake at 180°C for 25-30 minutes or until golden brown. Cool on wire racks.

BAKED PITA

Ingredients

6 cups flour



2 1/2 cups warm water
 1 tbsp active dry yeast
 2 tbsp or more olive oil
 1/2 tsp salt
 1 tsp sugar

Method

In a small bowl add 1/2 cup of the warm water, sprinkle a pinch of sugar, and then add the yeast and stir. Keep aside for 10 to 15 minutes at room temperature. In a large bowl mix the rest of the warm water with flour, salt and olive oil with a wooden spoon. After the yeast has frothed, add the yeast mixture and knead into a soft, smooth dough. Keep the dough moist and soft as well as smooth and springy. Place the dough into a greased container or in the same bowl with some olive oil applied all

over the dough. Cover with a kitchen napkin and keep at room temperature for 1 to 1 1/2 hours. Once the dough has doubled in size, remove the dough from the bowl. Put the dough on your working surface and deflate the dough gently. Make medium sized balls from the dough. Dust your working surface with flour and roll each ball into round circles of about 6 inch about 1/4 inch thick. Cover the circles with the kitchen towel loosely and let them rest at room temperature for 10 minutes. Place them on a floured tray and bake at 200°C in a pre-heated oven for 7 to 10 minutes or until puffed up and light brown. Cut into four triangles and serve.

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