



Ekmek Turkish Bread



Vegetarian



Vegan



Dairy Free

READY IN



240 min.

SERVINGS



16

CALORIES



173 kcal

Ingredients



5 teaspoons active yeast dry



6 cups bread flour



2 teaspoons salt



0.8 cup water divided



2 cups warm water 110 degrees F/45 degrees C



1 teaspoon sugar white

Equipment



bowl

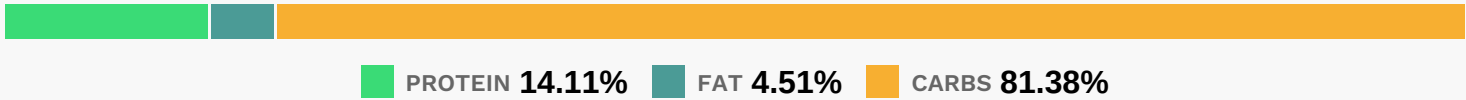


oven

Directions

- ☐ Place 1/2 cup flour and 1/4 cup water in a coverable bowl; stir well. Cover and let sit at room temperature overnight. The next day, add 1/2 cup flour and 1/4 cup water to the bowl. Cover and let sit at room temperature overnight. On the third day, add 1/2 cup flour and 1/4 cup water to the bowl. Cover and let sit at room temperature overnight.
- ☐ To make the dough: In a large bowl, dissolve the yeast and sugar in the warm water.
- ☐ Let stand until creamy, about 10 minutes.
- ☐ Break the starter into small pieces and add it to the yeast mixture. Stir in 4 cups of flour and the salt. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes.
- ☐ Sprinkle a little flour over the dough and then cover it with a dry cloth.
- ☐ Let it raise until double in size.
- ☐ Put the dough back onto a lightly floured work surface and punch out the air. Divide the dough in half and knead each piece for 2 to 3 minutes. Shape each piece into a tight oval loaf.
- ☐ Sprinkle two sheet pans with corn meal.
- ☐ Roll and stretch two loaf until they are 15x12 inch ovals. Dust the tops of the loaves with flour. Cover with a dry cloth and let raise in a warm place until doubled in size. Meanwhile, preheat oven to 425 degrees F (220 degrees C).
- ☐ Bake in preheated oven for 30 to 40 minutes. Mist with water 3 times in the first 15 minutes. Loaves are done when their bottoms sound hollow when tapped.
- ☐ Let cool on wire racks before serving.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:22.2, Inflammation Score:-2, Nutrition Score:4.6134783307333%

Nutrients (% of daily need)

Calories: 173.34kcal (8.67%), Fat: 0.85g (1.31%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 33.26g (12.1%), Sugar: 0.39g (0.44%), Cholesterol: 0mg (0%), Sodium: 294.15mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Selenium: 18.69µg (26.7%), Manganese: 0.38mg (18.75%), Vitamin B1: 0.14mg (9.63%), Folate: 38.22µg (9.55%), Fiber: 1.39g (5.55%), Phosphorus: 51.66mg (5.17%), Copper: 0.1mg (4.81%), Vitamin B3: 0.86mg (4.3%), Vitamin B2: 0.07mg (3.94%), Vitamin B5: 0.34mg (3.37%), Zinc: 0.48mg (3.2%), Magnesium: 12.66mg (3.16%), Iron: 0.45mg (2.48%), Potassium: 56.22mg (1.61%), Vitamin B6: 0.03mg (1.6%), Vitamin E: 0.19mg (1.25%)