



Georgian Cheese Bread

READY IN



240 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.3 teaspoons yeast dry (a)
- 1 large eggs lightly beaten
- 0.3 pound havarti cheese grated
- 0.3 pound mozzarella cheese salted grated
- 0.8 teaspoon salt
- 1.7 cups flour all-purpose divided
- 1 teaspoon butter unsalted melted
- 7 tablespoons water (105-115°F)

Equipment

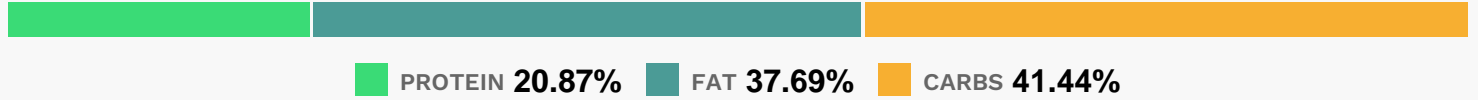
- bowl
- oven
- pizza pan
- plastic wrap

Directions

- Sprinkle yeast over warm water and stir in 1 tablespoon flour.
- Let stand until creamy, about 5 minutes. (If yeast does not activate, start over with new yeast.)
- Stir together salt and remaining flour in a large bowl, then stir in egg and yeast mixture to form a dough.
- Turn out dough onto a well-floured surface and turn to coat with flour, then knead until smooth and elastic, about 5 minutes. Form into a ball and dust with flour.
- Let dough rest in a bowl, covered with plastic wrap, punching down with a wet fist every hour, at least 2 hours and up to
- Preheat oven to 500°F with rack in middle.
- Turn out dough onto floured pizza pan, turning to coat, then flatten with your fingers into a 7-inch disk.
- Toss together cheeses and press into a compact 3-inch ball with your hands.
- Place ball in middle of dough, then gather dough up around ball of cheese, squeezing excess dough into a topknot. Press down on topknot with a damp fist to press cheese out from center. Continue to flatten dough and distribute cheese evenly, pressing outward from center, until dough is an 11-inch disk.
- Cut a 6-inch X through top of dough to expose cheese.
- Bake until pale golden, 10 to 12 minutes.
- Brush surface of dough with butter and bake until golden and cooked through, 3 to 5 minutes more.
- Serve cut into wedges.

- Dough can be made 1 day ahead and chilled in bowl (for a slow rise), covered with plastic wrap. Punch down and bring to room temperature before proceeding with recipe.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:14.46, Inflammation Score:-4, Nutrition Score:8.0452174375887%

Nutrients (% of daily need)

Calories: 201.96kcal (10.1%), Fat: 8.39g (12.91%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 19.82g (7.21%), Sugar: 0.24g (0.27%), Cholesterol: 48.27mg (16.09%), Sodium: 424.48mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.9%), Vitamin B1: 0.31mg (20.97%), Selenium: 14.44µg (20.62%), Folate: 80.58µg (20.15%), Phosphorus: 171.53mg (17.15%), Calcium: 165.97mg (16.6%), Vitamin B2: 0.28mg (16.43%), Manganese: 0.2mg (9.76%), Vitamin B3: 1.92mg (9.62%), Vitamin B12: 0.58µg (9.6%), Zinc: 1.32mg (8.77%), Iron: 1.42mg (7.91%), Vitamin A: 257.6IU (5.15%), Vitamin B5: 0.4mg (3.97%), Fiber: 0.94g (3.75%), Magnesium: 13.75mg (3.44%), Copper: 0.06mg (3.1%), Vitamin B6: 0.05mg (2.66%), Potassium: 65.32mg (1.87%), Vitamin D: 0.23µg (1.52%), Vitamin E: 0.22mg (1.46%)