



Multilayered Anchovy Bread

 Dairy Free

READY IN



240 min.

SERVINGS



12

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons active yeast dry (from a)
- ☐ 4 fillet flat anchovy dry canned minced drained
- ☐ 1 cup " flour
- ☐ 1 tablespoon hungarian paprika sweet
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semolina flour

- ☐ 0.8 cup warm water (105–115°F)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels
- ☐ spatula

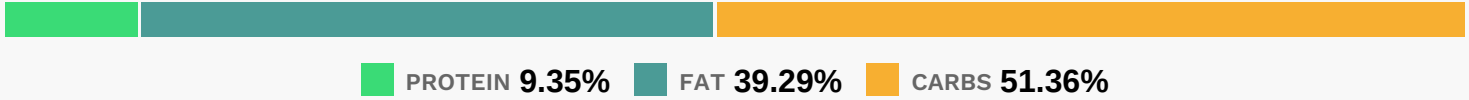
Directions

- ☐ Stir together water and yeast in a small bowl until yeast is dissolved and let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast.) Stir oil into yeast mixture. Pulse together "00" flour, semolina, and salt in a food processor until combined. With motor running, pour in yeast mixture and process until a wet dough forms.
- ☐ Transfer dough from bowl to a lightly floured surface and knead gently a few times until smooth. Form dough into a ball and transfer to an oiled large bowl, turning to coat. Cover bowl loosely with plastic wrap and a kitchen towel.
- ☐ Let dough rise in a draft-free place at warm room temperature until doubled in bulk, 1 to 1 1/2 hours.
- ☐ Whisk together all oil ingredients in a small bowl until combined well.
- ☐ Lightly oil an 8-inch square baking pan. Turn dough out onto a lightly floured surface and knead a few times to remove air.
- ☐ Roll out dough on a well-floured surface into a roughly 18-inch round (1/8-inch thick).
- ☐ Reserve 1 tablespoon seasoned oil and brush remaining oil over dough round, leaving a 1/4-inch border around edge. Tightly roll up dough jelly-roll style and pinch seam to seal (some filling will seep out as you roll). Arrange roll seam side down and form into a coil, then transfer to oiled pan. Gently press on coil to flatten slightly, then cover pan loosely with plastic wrap and a kitchen towel.

- ☐
- Let rise at warm room temperature until doubled in bulk, about 1 hour.

☐☐☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:10.98, Inflammation Score:-6, Nutrition Score:5.9804347405291%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 147.54kcal (7.38%), Fat: 6.45g (9.92%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.61g (6.4%), Sugar: 0.11g (0.12%), Cholesterol: 0.8mg (0.27%), Sodium: 100.25mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Selenium: 16.63µg (23.76%), Vitamin B1: 0.26mg (17.05%), Folate: 58.21µg (14.55%), Vitamin B2: 0.16mg (9.7%), Vitamin B3: 1.93mg (9.64%), Manganese: 0.19mg (9.53%), Iron: 1.46mg (8.11%), Vitamin E: 1.16mg (7.73%), Vitamin K: 6.71µg (6.39%), Vitamin A: 295.07IU (5.9%), Fiber: 1.35g (5.39%), Phosphorus: 38.36mg (3.84%), Magnesium: 12.01mg (3%), Copper: 0.06mg (2.79%), Vitamin B6: 0.05mg (2.28%), Vitamin B5: 0.22mg (2.24%), Zinc: 0.32mg (2.15%), Potassium: 65.87mg (1.88%), Calcium: 14.61mg (1.46%)