



Rosemary-Semolina Round with Sesame and Sea Salt



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon yeast dry (measured from 2 envelopes)
- ☐ 2 teaspoons rosemary leaves fresh minced
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon sea salt coarse-grained
- ☐ 2 teaspoons sea salt fine-grained
- ☐ 2.5 cups semolina flour (pasta flour)
- ☐ 8 servings semolina flour

- ☐ 1 tablespoon sesame seed divided
- ☐ 2.3 cups unbleached all purpose flour divided ()
- ☐ 1.8 cups water divided (105°F to 115°F)

Equipment

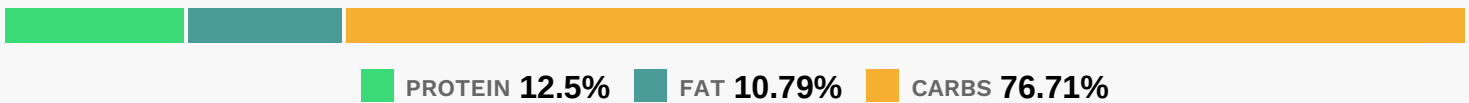
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Place 1 1/4 cups warm water in medium bowl; sprinkle yeast over and stir to blend.
- ☐ Let stand 5 minutes to soften.
- ☐ Whisk to dissolve yeast.
- ☐ Add 1 1/4 cups all purpose flour; whisk until smooth. Cover bowl with plastic wrap.
- ☐ Let stand at room temperature (about 75°F) until bubbles form and yeast mixture has more than doubled in volume, about 45 minutes.
- ☐ Whisk remaining 1/2 cup warm water, olive oil, and rosemary in large bowl to blend. Using rubber spatula, mix in semolina flour and 2 teaspoons fine-grained sea salt (dough will be very dry). Stir in yeast mixture. Work in 3/4 cup all purpose flour. Turn dough out onto lightly floured surface. Knead until smooth, adding more all purpose flour by tablespoonfuls if sticky.
- ☐ Let rest 5 minutes. Knead until dough springs back when pressed with thumb, about 8 minutes.
- ☐ Lightly oil large bowl.
- ☐ Transfer dough to bowl; turn to coat. Cover with plastic wrap.
- ☐ Let rise at room temperature until doubled in volume, about 1 hour.

- ☐ Transfer dough to lightly floured surface. Flatten dough into 18x12-inch rectangle. Starting from 1 long side, roll tightly to form 2 1/2-inch-diameter, 20-inch-long log. With seam side down, shape log into ring, inserting 1 end into second end; smooth seam.
- ☐ Line baking sheet with parchment paper.
- ☐ Sprinkle sheet with additional semolina flour.
- ☐ Transfer dough ring to prepared sheet, reshaping as necessary to form smooth circle.
- ☐ Sprinkle with 1 1/2 teaspoons sesame seeds, pressing lightly to adhere. Cover loosely with plastic wrap.
- ☐ Let bread rise at room temperature until almost doubled in volume, about 45 minutes.
- ☐ Preheat oven to 400°F.
- ☐ Remove plastic wrap from bread. Using sharp knife, cut 1/4-inch-deep slit all the way around top of loaf. Spray bread lightly with water.
- ☐ Sprinkle with 1 1/2 teaspoons sesame seeds and 1 teaspoon coarse-grained salt.
- ☐ Transfer to oven.
- ☐ Bake bread 15 minutes, spraying lightly with water every 5 minutes. Continue to bake without spraying until bread is golden brown and sounds hollow when tapped on bottom, about 30 minutes longer.
- ☐ Transfer bread to rack and cool completely.
- ☐ *Semolina flour is available at specialty foods stores, Italian markets, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:19.95, Inflammation Score:-6, Nutrition Score:15.845652235024%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 351.82kcal (17.59%), Fat: 4.14g (6.37%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 66.24g (22.08%),
Net Carbohydrates: 62.95g (22.89%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 876.31mg (38.1%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.59%), Selenium: 60.13µg (85.9%), Vitamin B1: 0.77mg
(51.52%), Folate: 174.94µg (43.73%), Manganese: 0.6mg (29.98%), Vitamin B2: 0.5mg (29.51%), Vitamin B3: 5.53mg
(27.63%), Iron: 4.14mg (23.02%), Fiber: 3.29g (13.17%), Phosphorus: 120.22mg (12.02%), Copper: 0.2mg (10.19%),
Magnesium: 37.22mg (9.31%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.53mg (5.32%), Vitamin B6: 0.09mg (4.3%),
Potassium: 146.96mg (4.2%), Vitamin E: 0.61mg (4.08%), Calcium: 26.47mg (2.65%), Vitamin K: 1.73µg (1.65%)