



Sumac-spiced lamb pides

READY IN



75 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g bread flour white
- ☐ 1.5 tsp yeast dried (or 1 sachet)
- ☐ 1 tsp brown sugar
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp olive oil for brushing
- ☐ 1 onion chopped
- ☐ 2 garlic clove crushed
- ☐ 300 g lamb
- ☐ 1 tbsp cumin

- ☐ 2 tsp sumac powder
- ☐ 0.5 tsp allspice
- ☐ 1 tbsp tomato purée
- ☐ 2 tomatoes finely chopped
- ☐ 2 tbsp pomegranate molasses
- ☐ 100 g feta cheese crumbled
- ☐ 1 tbsp sesame seed

Equipment

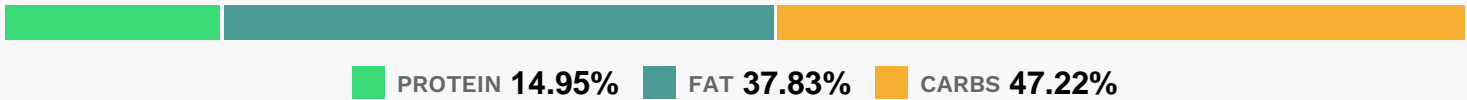
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ First make the dough. In a large bowl, mix the flour, yeast, sugar, olive oil, a pinch of salt and 300ml warm water. Bring together with your hands or in a tabletop mixer, then knead for 10 mins by hand or 5 mins in a mixer, until soft and elastic.
- ☐ Put the dough in a clean, oiled bowl, cover with a sheet of oiled cling film and leave to rise for 2 hrs or until doubled in size. You can also pop the dough in the fridge and leave to rise overnight. (Take out of the fridge and leave for 1-2 hrs to bring back to room temperature to use.)
- ☐ For the topping.
- ☐ Heat the oil in a large frying pan, add onion and cook for a few mins until soft.
- ☐ Add garlic and cook for 1 min more.
- ☐ Add the lamb, increase the heat and fry until starting to brown, about 8 mins.
- ☐ Sprinkle in spices and stir for 1 min, then add pure, tomatoes, pomegranate molasses and seasoning, along with 50ml water. Simmer for 10 mins, stirring now and then the mince should be sticky rather than saucy. Leave to cool.

- ☐ Dust 2 large baking sheets and the work surface with semolina. Knock any air bubbles out of the dough, then tip onto work surface and divide into
- ☐ Working with 1 piece at a time keeping remaining dough covered with the oiled cling film roll into a thin oval shape, roughly 30cm long.
- ☐ Place the rolled dough on baking sheets. Divide mince mixture between the 4 pides, leaving a 1cm border around the edges.
- ☐ Roll the edges over the filling and pinch the ends together to form a pointy boat shape. Cover with the oiled cling film and leave to prove for 20 mins.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Uncover pides and brush the edges with a little oil.
- ☐ Sprinkle the feta, sesame seeds and a good pinch of sumac over each pide and bake for 15 mins until puffed up and golden.
- ☐ Serve with salad and pickled Turkish chillies, if you like.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:60.47, Inflammation Score:-7, Nutrition Score:26.485217296559%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 893.62kcal (44.68%), Fat: 37.23g (57.28%), Saturated Fat: 12.95g (80.94%), Carbohydrates: 104.58g (34.86%), Net Carbohydrates: 99.48g (36.17%), Sugar: 7.7g (8.55%), Cholesterol: 77mg (25.67%), Sodium: 341.28mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.21%), Selenium: 68.81µg (98.31%), Manganese: 1.27mg (63.26%), Phosphorus: 379.25mg (37.92%), Vitamin B12: 2.16µg (35.93%), Vitamin B3: 7.08mg (35.41%), Zinc: 4.86mg (32.43%), Vitamin B2: 0.52mg (30.87%), Vitamin B1: 0.42mg (27.75%), Folate: 107.41µg (26.85%), Copper: 0.49mg (24.29%), Iron: 4.2mg (23.33%), Calcium: 208.5mg (20.85%), Fiber: 5.1g (20.4%), Vitamin B6: 0.4mg (19.91%), Magnesium: 76.97mg (19.24%), Vitamin E: 2.68mg (17.87%), Potassium: 568.62mg (16.25%), Vitamin B5: 1.55mg (15.52%), Vitamin K: 15.06µg (14.34%), Vitamin C: 11.56mg (14.02%), Vitamin A: 661.91IU

(13.24%), Vitamin D: 0.17µg (1.17%)