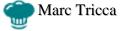


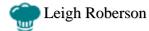
HONEY LAVENDER LUBNE SERVED WITH QUINOA MOUNTAIN BREAD





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- Sub Category Name Food Main Courses
- Recipe Source Name Real High Tea 2014/15 Volume 2

Ingredients

HONEY LAVENDER LUBNE SERVED WITH QUINOA MOUNTAIN BREAD Honey Lavender Lubne

- 3 tbsp salt
- 6 cups of yoghurt
- 6 lavender flower heads
- 50ml honey

Quinoa Mountain Bread

- 1 package of yeast
- 1½ cups warm water
- 2 tsp sugar



- 4 ½ cups all-purpose flour
- 1 tbsp toasted quinoa
- 1 ½ tsp salt
- Oil

Methods and Directions

HONEY LAVENDER LUBNE SERVED WITH QUINOA MOUNTAIN BREAD Honey Lavender Lubne

- In a large bowl stir the salt into the yoghurt.
- Spoon the yoghurt on the centre of a piece of double folded cheese cloth or soft cotton fabric (preferably un-dyed and immaculately clean).
- Pull corners up and tie tightly. Suspend from a stationary object over a bowl (to catch the liquid).
 Let this hang overnight (12 hours). When well drained it will be the consistency of cottage cheese.
- Remove yoghurt from the cloth, store covered in the refrigerator until needed.
- Mix in chopped lavender and honey.
- Place back in fridge to regain firmness.
- Roll into balls and serve as needed.

Quinoa Mountain Bread

- Coat a large bowl with oil. Set aside.
- In a measuring cup, combine yeast, water and sugar. Mix until yeast is dissolved.
- In a large mixing bowl, combine flour and salt. Add the yeast water mixture and form dough. Knead dough by hand for 10 -15 minutes. 5-8 minutes is sufficient if using a knead hook on a mixer with a minute left put in quinoa.
- Once dough is kneaded, place ball of dough in the oiled bowl. Roll the dough around the bowl to coat it with oil. Cover and let rise for 1-1 ½ hours, or until the dough doubles in size.
- Once dough has doubled, punch down to release air. Continue to knead for about 5 minutes.
- Divide dough into 8 separate balls of dough. Cover and allow to rise for 30 minutes.
- Preheat oven to 190°C. Once risen, roll out the dough and cut into thin rectangles. About 12"x10" pieces for large flatbreads or 8"x6" for small ones. They should be as thin as pizza dough.
- Puncture rectangles with a fork. Brush with water. Bake on baking sheet for 20 minutes until golden brown. Continue to bake remaining dough.

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