

HONEY LAVENDER LUBNE SERVED WITH QUINOA MOUNTAIN BREAD



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
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Ingredients

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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 190C. 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.