



## Turkey – Gaziantep all regions

### **Pide Ridged Flatbreads**

Tirnakli Ekmek

- 1/2 cup white whole wheat flour
- 1 cup bread flour
- 1/2 teaspoon salt
- 1 teaspoon granulated sugar
- 1 package premium dry yeast
- 1 Tablespoon olive oil
- 3/4 cup warm water (120 to 130 degrees F.)
- 1/4 to 1/2 bread flour
- Flour paste:
  - 1 Tablespoon all-purpose flour
  - 2-1/2 Tablespoons water
- Topping: Toasted sesame seeds as desired

### **Prepare the Dough:**

- In a mixing bowl. Combine whole wheat flour, 1 cup bread flour, salt, sugar, and dry yeast. Mix in olive oil and water; beat for 5 minutes. Change paddle to a dough hook. Knead dough for 5 minutes, adding additional flour until it forms a soft dough and cleans the sides of the mixing bowl.
- With floured hands, form into a ball, place in large, greased bowl; turn dough over to coat both sides; cover bowl lightly with plastic wrap; set aside in warm place until doubled, about 45 minutes to 1 hour.

### **Shape the Breads:**

- Divide dough into 4 equal parts and form into balls. Sprinkle lightly with flour, flatten the balls of dough with your hands into about 6-inch circles; place on lined baking sheet, Cover; let rest for about 15 to 20 minutes.
- Preheat oven to 475 degrees F. Prepare the flour paste: In a small bowl, mix the flour with 2-½ Tablespoons water; set aside.

### **Add a Design:**

- Brush the rested dough with the flour paste. Using the fingers of both hands spaced about ½ inch apart, make a line of indentations with your fingertips down the length of the dough, pressing firmly, starting ½ inch from the edges. Make sure you do not break the dough. Turn the dough sideways and repeat to form a grid of ridges.
- Spread sesame seeds between the ridges as desired.

### **Bake the Breads:**

- Bake the breads in preheated 475 degree F. oven for 10 minutes or until lightly browned.
- Remove from oven to cooling rack. Serve warm or room temperature.  
Yield: 4 (6-inch Flatbreads)

**Recipe from:** Musa Dagdeviren, *The Turkish Cookbook*

**About the Recipe:** These flatbreads are consumed in Eastern and Southeastern Anatolia. The Turkish name *tirnakli ekmek* (ridged flatbread) refers to the way the ridges of the bread are made by pressing with your fingertips. People go to bakeries and buy a fresh loaf for every meal in Southeastern Turkey. It is customary to sprinkle sesame seeds or caster (superfine) sugar on this bread. It is also prepared with olive oil, cartilage, or lamb confit.

### **About Turkish Breads:**

“Dough based dishes are cherished and revered nationwide. Without them we would be incomplete. Breads, pastries, and pasta dishes that are baked in the oven, fried, or poached are as numerous in the Turkish kitchen as to be almost endless. The Ridged Bread is the first bread that springs to mind and accompanies most meals.

Most of Turkish pastries are full of cultural meaning, with rituals and stories attached to them. Weddings, funerals, religious festivals, celebrations are all adorned by these dishes.”

*The Turkish Cookbook*, Musa Dagdeviren, Phaidon, pp. 336-337.