



LAVOSH

Preheat oven to 190°C. Line 2 baking trays with baking paper.

What you need:

125g of our everyday flour mix
½ tsp salt
1 TBS sesame seeds
½ TBS poppy seeds
Sprinkling of chilli flakes (optional)
10ml rice bran oil
1 egg white (size 7)
3 TBS cold water

To Make:

Add all the dry ingredients into a large bowl and stir through. Whisk the egg white and water together then add to the bowl along with the melted butter. Mix together to form a soft dough. Lightly knead then divide into about 22-24 pieces. Between two sheets of baking paper, roll one ball at a time into an oval shape, making it as thin as possible. Carefully peel off the paper and place on baking tray. Continue until all the balls of dough have been rolled.

Bake for 5 minutes then swap trays around. Bake for a further 5 minutes. Switch off the oven.

Remove tray from oven and transfer the lavosh to a cooling rack. Return lavosh to the oven for approx. 15 minutes to dry out further and a little golden. Take the rack from the oven and all to cool. When completely cold store in an airtight container.

Tip: Serve with your favourite dip or cheese.