

LAHMACUN

RECIPE BY AL-QASAR

INGREDIENTS

For the Dough

- 500g Strong Flour
- 250ml Water
- 1 Teaspoon Salt

For the Topping

- 350g Fatty Lamb or Beef Mince Meat
- 50g sheep tail fat, chopped fine or grated (optional)
- 1 Tsp tomato salsa (triple concentrate tomato paste)
- 1 Tsp Pepper Salsa
- 1 Handful (100g) Fresh Parsley
- 2 Cloves Garlic
- 1 Large Red Pepper
- 1 Green Pepper (Sweet or Hot depending on your taste)
- 1 Tsp Pul Biber/ Aleppo Pepper Flakes
- 1 Tsp Isot Pepper Flakes
- ½ Tsp Black Pepper
- ½ Tsp Cumin
- ½ Tsp Salt
- 3 Tomatoes
- 2 Onions
- 50g Fresh Mint
- 2 Lemons

METHOD

1. Either using a mixer or on a clean dry worktop, sift the flour and add the salt.
2. Create a hole in the centre of the flour and pour in the water into the centre and combine the ingredients.
3. Continue to knead until the dough is firm and smooth (This takes around 10 to 15 minutes).
4. Put the dough to rest covered for as long as possible but a minimum of 30 minutes.
5. Chop the onion, peppers, garlic, tomatoes and parsley as small as possible or if preferred using a blender.
6. In a large mixing bowl combine the mince and tail fat if using.
7. Add the salsas and spices and knead together, mix in the chopped vegetables. Cover and set aside.
8. Preheat the oven to the 250 degrees Celsius or as high as it will go.

Cooking Option 1

Take a couple of oven trays and place them in the oven upside down. When the Lahmacun's are ready, place them onto the preheated trays.

Cooking Option 2

Place the rolled bases on the oven trays and then add the topping, place the tray into the oven.

Dough Rolling

Divide the dough equally into 8-10 portions.

Flour your work surface and the top of a dough ball. Use the palm of your hand to flatten out the ball into a circle, flip and repeat. Making sure both below and the top of the dough is sufficiently floured begin to roll out to a small dinner plate-sized circle.

Repeat in batches of 2 to 4.

Continued -

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METHOD CONTINUED

Top each of the dough bases with the topping, starting from the centre as you add the topping gently press the meat into the dough working outwards towards the edges. Leave half a cm or so to allow the dough to crisp.

Using a pizza peel/slice or tea towel lift the dough onto the oven trays and bake for 8 to 10 minutes.

For an extra crispy base, you first cook the dough on the oven floor for 2 minutes before transferring to trays.

Recipe Notes

The dough needs at least 30 minutes to rest before rolling but will be easier to handle with longer resting.

The fat is optional but if not used or if using low-fat mince it's important to use grated onion to keep the topping moist.

The lahmacun can be tricky to pick up it's, therefore, easier to place them on an oven tray before topping but you'll get a crispier base if you place them on a hot tray.

I find them easier to handle if you place the rolled dough on a clean tea towel that has been dusted with flour. Then topped when it's time to transfer to the oven I peel back the towel and place on to the tray much like you would use a pizza peel. Practice makes perfect.

If rolling the dough out to a circle using an 'oklava' (a thin batten rolling pin) it makes it easier to start by creating the circle with the palm of your hand. Place the oklava in the centre of the circle and your hands on either side of the oklava. With a little pressure on your left hand roll the oklava away from you. Transfer the pressure to your right hand and roll the pin back towards you. Repeat with the occasional dusting of flour with the mantra 'Up to left and right back down'.

Best served with Ayran (a yogurt drink that usually accompanies lahmacun).

Ingredients - Turkish yogurt, salt, water. Mix!