

Stuffed Turkish Flatbread



Soft, aromatic and moist flatbread filled with meat and vegetables. I adore Turkish food and it would be a pity not to try this. J

INGREDIENTS FOR THE DOUGH :

500 g of flour

1 package of baking powder

1 package fresh yeast

65 g of set yoghurt

1 tea spoon of salt

1 tea spoon of sugar

250 ml of milk (warm)

65 ml of oil

FOR SPRINKLING :

white sesame seeds

black sesame seeds

INGREDIENTS FOR THE FILLING :

9 small chicken legs (or 800 g of meat)

3 bell-peppers (red, yellow and green
4 medium sized carrots
1 leek
5 bigger potatoes
100 ml of oil + 50 ml for roasting
1 spoon of Vegeta
1 spoon of salt
1 tea spoon of red bell-pepper (spice)
 $\frac{1}{2}$ tea spoon of pepper
150 ml of water

PREPARATION :

- 1 . dissolve sugar and yeast in warm milk, and leave the yeast to activate...
- 2 . put all other ingredients into a bowl and add the activated yeast ...
- 3 . knead soft and smooth dough that does not stick ...
- 4 . form a ball out the dough, cover it and leave it to double its size ...

WHILE WE ARE WAITING FOR THE DOUGH TO RISE, WE SHOULD PREPARE VEGETABLES AND MEAT ...

- 5 . wash, clean and peel the vegetables...
- 6 . slice the leeks and carrots to rings ca. 0.5 cm thick, quarter the potatoes and cut them to slices ca . 0.5 cm thick (it is obligatory to put them back into the water to avoid them getting dark) , cut the peppers as wished ...

7 . season the meat with salt, Vegeta , red pepper, black pepper and add 100 ml of oil and mix everything well ...

8 . heat the oil in a wok or a pot, add meat, fry till it changes the colour and then add water ...

YOU NEEDN'T WASH THE BOWL WHERE YOU HAVE SEASONED THE MEAT, AS YOU WILL NEED IT LATER ...

9 . when the water boils, cover the wok and let it boil for ca. 15 minutes till almost all the water evaporates ...

10 . add the vegetables into the bowl where we have seasoned the meat, (except for bell-peppers) and stir well ...

11 . add the vegetables into the wok and stew together with meat for 10 more minutes, stir occasionally (it is obligatory to cover the wok again) ...

12 . after 25 minutes of total frying add bell-peppers and go on stewing for 5 more minutes ...

13 . take it away from the cooker and start preparing dough ...

14 . you must not knead the dough any more ...

15 . cut the dough in such a way that one part is somewhat bigger than the other one ... (**SEE THE VIDEO !!!**)

16 . put the dough in an oiled baking tray with diameter of 35 cm, spread it along the whole tray with your hand. It is obligatory to raise the dough at the edge of the tray, to the half of tray height ...

17 . distribute vegetables and meat on the dough evenly and leave it aside for a while ...

18 . use a rolling pin to roll out the other part of the dough, which is somewhat smaller, to the size of the tray and put it on the vegetables ... (**SEE THE VIDEO !!!**)

19 . put the edges of upper and lower parts of the dough together, so that the two dough parts stick to one another ...

20 . coat the stuffed flatbread with a little water and top it with sesame seeds ...

21 . switch the oven to 200 degrees, leave the flatbread aside for 20 minutes till the oven gets warm ...

22 . bake the flatbread for ca . 35 – 40 minutes till it turns nicely golden brown ...



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