

Kutabi

Season: Any

Type: Uzbekistan Bread

Difficulty:  

Serves: 8

Fresh from the garden: onion, spring onions, silverbeet, eggs, dill, parsley

<p>Equipment: Large bowl Small bowl Wooden spoon Measuring cups and spoons Chopping boards and mats Frying pan Electric frying pan Rolling pin Tongs Egg flip Pastry brush</p>	<p>Ingredients: For the Dough 3 ½ cups plain flour 1 tsp salt flakes 1 tsp sugar 2 eggs, beaten 3 Tblsp natural yoghurt 1 Tblsp Olive oil 2-4 Tblps warm water For the filling 1 onion – diced 5 spring onions 1 tsp garlic 2 Tblsp Butter 4 Silverbeet leaves – chiffonnade 1 Tblsp Dill, chopped ½ cup parsley – chopped 1 Tblsp lemon juice Salt and pepper Melted butter (for brushing)</p>
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Method:

- In a large mixing bowl, mix together the flour, salt and sugar.
- In a separate bowl mix together the eggs, yoghurt and oil.
- Slowly add the wet ingredients to the dry ingredients, mixing as you go.
- Knead into a soft dough. (add more water/flour if needed)
- Continue to knead for 5-10 minutes until it is smooth and elastic.
- Melt butter in the frying pan over a medium heat.
- Add garlic, onion and spring onion and sauté until soft.
- Add silverbeet, dill and parsley. Stir until wilted.
- Add the lemon juice.
- Season with salt and pepper. Remove from heat.
- Cut the dough into 8 pieces
- Roll each piece out to a thin round piece.
- Add about 4 Tblsp of filling to each round and fold over.
- Use a fork to seal the edges shut.
- Cook in a dry frying pan (no oil) for 2/3 minutes on each side.
- Remove from the pan and brush the tops with melted butter.