

# Rosemary Lavosh

**Season:** All year

**Makes:** 30 tastes or 6 serves at home

**Fresh from the garden:** rosemary

This easy-to-make lavosh recipe produces a thin yet satisfying seeded crispbread to serve with your favourite dip, soft cheese or preferred topping.

**Note:** You can use a rolling pin if you don't have a pasta machine. While you can use white or wholemeal flours, the combination of bread flour and leaving the dough to rest (called 'proving') contributes to a lighter crispbread. Any extra dough can be frozen for up to four weeks.

## EQUIPMENT

metric measuring scales, cups and spoons  
clean tea towel  
chopping board  
cook's knife  
bowls – 1 medium, 1 large  
wooden spoon  
pastry brush  
plastic wrap  
pasta machine  
baking trays  
baking paper  
fork  
wire rack  
serving platter

## INGREDIENTS

300 g bread flour, plus extra for dusting  
14 g dried yeast  
4 tbsp olive oil, plus at least 2 tbsp extra for oiling  
and brushing  
 $\frac{2}{3}$  cup warm water  
salt, for sprinkling  
1 tbsp fennel seeds  
2 tbsp white sesame seeds  
1 tbsp black sesame seeds  
3 sprigs rosemary, leaves picked and finely chopped



## WHAT TO DO

**To make and rest the dough:**

- Combine the flour and the yeast in the large bowl.
- Make a well in the centre of the flour and carefully pour the 4 tablespoons of oil into the centre of the well.
- Stir with your hands to mix the flour and oil, and slowly add the warm water.
- Knead for about 7 minutes or until the dough is silky smooth.
- Transfer the dough to an oiled medium-sized bowl, cover the bowl tightly with plastic wrap and allow the dough to rest for at least 15 minutes or until it has nearly doubled in size (this is called proving).

**To roll and bake the dough:**

- Preheat the oven to 250°C.
- Fix the pasta machine firmly to a suitable bench, with plenty of room to roll out your dough.
- Unwrap the dough and punch in the middle once to knock out some air.
- Tip the dough onto a floured bench or surface, then knead gently by hand until the dough is smooth and does not stick to your fingers.
- Roll the dough into a sausage shape about 30 cm long and cut into three equal pieces. Keep one piece out and fold the others back in the plastic wrap to keep moist.
- Flatten and shape the dough with your hands into a rectangle about 2mm thick.
- Pass the dough through the widest setting of the pasta machine, twice. If the dough starts to stick, sprinkle a pinch of flour onto your hands and smooth it onto the strips of dough. Be very sparing with the flour.
- Set the rollers to the next narrowest setting and pass the dough through. Depending on your machine, you may need to repeat this process until the dough is approximately half a millimetre thick.
- Place the rolled-out piece of dough on a chopping board and cut into even-sized squares or triangles.
- Place the dough onto baking trays lined with baking paper and prick all over with a fork. This will help create a crisp finish.
- Brush the lavosh with the reserved oil and sprinkle with the salt, fennel seeds, white and black sesame seeds and rosemary.
- Repeat this process with the two remaining pieces of dough.
- Bake in the oven for about 10 minutes or until your lavosh is golden and crisp.
- Cool on a wire rack before serving or store for up to three days in an airtight container.

