



KHOBZ

Makes 4 medium 12 centimetre (5-inch) loaves

Ingredients

250 grams whole wheat (or white) flour
250 grams semolina
1 tablespoon yeast
1 tablespoon sugar
1 tablespoon baking soda
1 teaspoon salt
A bit of olive oil
Barley flour

Method

In a large bowl, whisk the yeast and the sugar into about a cup of warm (not hot) water and let sit for 10 minutes to activate. (If you are using instant yeast you can skip this step.) Add the flour, semolina, baking soda, and salt and mix.

Tip onto a large lightly floured workspace and knead vigorously for 10 minutes. The dough shouldn't be too sticky, if it is add some more flour 1 tablespoon at a time. Let sit for 10 minutes. Divide the dough into four pieces and roll into balls on a lightly floured surface. Let rest for another 10 minutes before flattening gently with your fingertips (again, on a lightly floured surface) to create flat round loaves about 1 centimetre thick.

Brush each loaf with olive oil and cover with barley flour. Lay on a baking sheet or wooden cutting board, cover with a cloth, and carry down the street to the local communal oven. Pay the owner a few dirhams, and come back in an hour or so to retrieve your freshly baked bread.

Notes:

- If you aren't living in Marrakech and don't have access to a communal oven, you can bake your khobz in a 220° C (425° F) oven for 25-30 minutes, or until the bread makes a hollow sound when tapped.
- Khobz is without a doubt the most ubiquitous food item in Morocco. Often referred to as Medina bread, this nutritious whole grain bread is served with every meal. If you eat three times a day, you eat khobz three times a day; if you eat five times a day, you eat khobz five times a day. This bread is always on the table and used in lieu of cutlery. Khobz bread is also used as a form of currency in Marrakech; one piece of khobz is worth one dirham.

