

Artichoke Bread



R & J Mazza
GLOBE ARTICHOKES

Ingredients

3 cups plain flour,
2 teaspoons dried yeast,
1 teaspoon salt,
1 level teaspoon sugar,
1½ cups lukewarm water,
¼ cup oil,

1 onion, chopped,
100g butter,
100g artichokes hearts, finely chopped,
¼ cup parmesan cheese, grated,
1 teaspoon dried oregano,
1 tablespoon sesame seeds,
Sea salt



How to Prepare

1. Heat butter in pan and gently fry onion until soft. Remove from heat, and cool.
2. Place the flour, dried yeast, salt and sugar in bowl and mix. Add onion, artichokes, parmesan, and oregano and mix.
3. Make a well in the centre of flour mixture. Add water and oil, mix well and place dough on floured board. Knead until dough is smooth and elastic. Cover with a towel and place in a warm place for 1 hour or until dough doubles in size.
1. Heat oven to 200°C.
2. Place dough on a floured board and knead until it reduces to its original size, and does not have any air bubbles. Divide dough in three pieces and plait.
3. Brush top of bread with water and sprinkle extra dried oregano, sesame seed and sea salt.
4. Bake for 25-30 minutes, or until golden.

Makes 1 Loaf

