

Calamint (calamintha-nepeta)

CALAMINT BREAD (Zohra Adda Attou's recepe)



INGREDIENTS (for 4 to 6 servings)

- 1kg good bread flour (and a bit of cheap flour)
- 2 sachets dried active baking yeast
- a bit of warm water, and a bit of cold water
- 1 or 2 tea spoons of salt
- 200 g (more or less !) of **wild calamint**

UTENSILS

- a.** 1 stirring bowl+ a big colander
- b.** 1 mortar and its pestle
(or a cutting board and a good knife ...)
or an electric blender ?!)
- c.** a kitchen counter
- d.** 2 breakfast bowls
- e.** 1 baking tray
- f.** 1 clean and dry tea towel... **and your hands !**

- Get rid of the stems of your **wild calamint** and keep only the leaves. Grind them until you end up with a **rough mince...** Use whatever utensils you prefer (see **b.**). Rinse thoroughly this concoction, and leave it to drain in the colander.

- In one of the breakfast bowl, dissolve the yeast in a bit of warm water. In the stirring bowl, mix the flour, the salt and the yeast; You will use the other breakfast bowl filled with cold water to pour it little by little into the flour mixed with salt and yeast until the dough becomes elastic and is not sticky any more under your fingers (**tempering**). Let the dough stand for 10 minutes. Time now for the **petrissage (kneading)**: you will first sprinkle some dry flour over your kitchen counter, and start kneading the dough over it, lifting and refolding it mightily again and again, for at least 15 minutes, **not forgetting to incorporate now and then little amounts of the calamint until you have used it all**. Then, divide the dough by **strangling** it in smaller portions, and launch them down onto the table for about 5 minutes, until you agglomerate them in one big ball. And finally... the **stretching** of the dough : stretching it forward, you fold it back again, and again, for 5 minutes. Leave your dough aside on the baking tray, at room temperature (22 to 24° if possible), covered with the towel, **until it becomes twice as big**.

-Put the baking tray in the preheated (180°) oven, Leave it for about an hour. If you think it has not browned enough on top, do not hesitate to turn it over for 10 minutes. A sharp knife stuck into the loaf will make you certain it is cooked through if you pull it out clean and dry.

Your loaf of bread will be delicious for 3 or 4 days, spread with lavanda honey, or fresh goat sheese, or black olives tapenade, or marinated anchovies, or with a **spinach fondue with candie lemons, and purple olives...**

Do not hesitate, juste before savouring it, to roast it slightly in the oven...