



Lahmatzoun

40'
Hands on

60"
Hands off

30'
Cook Time

4-6
Portion(s)

2
Difficulty



Method

For the lahmatzoun

- In a mixer's bowl add the milk, the water, the yeast, the sugar, the thyme, and whisk well using a hand whisk. You should let the mixture sit for 5-10 minutes so that the yeast is activated.
- Add the flour, salt, and beat with the hook attachment at medium speed for 5-8 minutes until there is a soft and elastic dough.
- Put the dough into a floured bowl, cover it with plastic wrap, and allow about 1 hour for the dough to double in volume.
- Cut the dough into 6 pieces and with a rolling pin, roll it out until it has a 20 cm diameter.
- Place a 26 cm [frying pan](#) over medium-high heat.
- Spread 1 teaspoon of the olive oil and add one of the dough pieces. Cook for 2-3 minutes on each side and set aside.
- Follow the same process for the remaining dough pieces, by adding 1 teaspoon olive oil. Set aside.

For the filling

- Place the frying pan on heat again and add 2 tablespoons olive oil.
- Finely [chop](#) the onion, the garlic, and add them to the pan. Season with salt, pepper, and sauté until they are caramelized.
- Add the ground meat and sauté until golden brown.
- Add the cumin, the fenugreek, the paprika, the chili flakes, and mix.
- Add the canned tomatoes, salt, pepper, and simmer at medium heat for 5-7 minutes until the moisture evaporates.
- Set aside to cool.

To assemble

- Preheat the oven, set to grill.
- Put the lahmatzouns into [baking pans](#) lined with parchment paper and divide the ground meat. Spread with a spoon so that their whole surface is covered.
- Sprinkle with the gruyere cheese and bake for 8-10 minutes until golden.
- [Serve](#) with coriander and olive oil.

Ingredients

For the lahmatzoun

- 160 g milk, at room temperature
- 80 g water, at room temperature
- 1 tablespoon(s) yeast
- 1 teaspoon(s) granulated sugar
- 1 tablespoon(s) thyme
- 350 g hard flour
- salt
- 3 tablespoon(s) olive oil

For the filling

- 2 tablespoon(s) olive oil
- 1 onion
- 2 clove(s) of garlic
- salt
- pepper
- 400 g ground lamb
- 1/2 teaspoon(s) cumin
- 1/2 teaspoon(s) fenugreek
- 1 teaspoon(s) paprika, smoked
- 1/2 teaspoon(s) chili flakes
- 400 g canned tomatoes
- 200 g gruyere cheese, grated

To serve

- coriander
- 1 teaspoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

611 Calories (kcal)	31.0 Total Fat (g)	14.0 Saturated Fat (g)	50.0 Total Carbs (g)
31%	44%	70%	19%
6.6 Sugars (g)	30.0 Protein (g)	3.8 Fibre (g)	1.1 Sodium (g)
7%	60%	15%	18%