



Greek Sesame Flatbread - Lagana

20'

Hands on

130'

Hands off

15'

Cook Time

2

Portion(s)

1

Difficulty



Method

Lagana is a Greek flatbread traditionally baked on Clean Monday, the first day of Lent. It is thin, crunchy and absolutely delicious!

- Preheat oven to 220* C (446* F) Fan.
- Combine the water, yeast and sugar in a mixer's bowl.
- Set it aside for 15-20 minutes so the yeast can activate.
- Add the flour, salt and olive oil.
- Place bowl on mixing stand and beat for 5-10 minutes using the hook attachment. Begin by beating on low speed and gradually turn up the speed.
- The more you beat the hard flour, the more soft and elastic your dough will become. If you don't have a mixer, knead by hand for at least 10 minutes.
- When ready, remove dough from mixer and transfer to a bowl. Dust your hands with some flour so that the dough won't stick to them.
- Cover bowl with plastic wrap and set aside for 1-2 hours, until it doubles in size.
- Punch down the dough and divide it in to 2 equal halves.
- Lay out a sheet of parchment paper on to a working surface.
- Add your dough, dust with some flour and roll out. If it is too difficult to roll out, dust with some more flour.
- Roll out to any size or shape you like.
- Transfer to a baking pan along with the parchment. Simply lift the edges of the parchment and transfer.
- Repeat the exact same process for the other half of the dough.
- To make the coating, combine the water and sugar in a small bowl. Stir until the sugar dissolves completely.
- Brush coating over both flatbreads and sprinkle with a generous amount of sesame seeds over the top.
- Set them aside for 20 minutes, so they can rise again.
- When they have risen, use your index finger to make indentations all over the dough. This gives the "lagana" its characteristic appearance.
- Drizzle with some extra virgin olive oil.

Ingredients

- 500 g hard flour (bread flour)
- 350 ml water, at room temperature
- 10 g dry yeast
- pinch of granulated sugar
- 10 g salt
- 2 tablespoons olive oil

For coating

- 2 tablespoons water
- 1 teaspoon sugar
- sesame seeds

Serve with

- [Taramosalta - Fish Roe Dip](#)
- [Potato Garlic Mash](#)

Διατροφικός πίνακας

Nutrition information per 100 gr.

254 Calories (kcal)	4.5 Total Fat (g)	0.8 Saturated Fat (g)	44.0 Total Carbs (g)
13%	6%	4%	17%
1.0 Sugars (g)	8.2 Protein (g)	2.1 Fibre (g)	0.48 Sodium (g)
1%	16%	8%	8%

- Bake for 15-18 minutes. Make sure your oven is properly preheated so that the flatbread can turn out as crunchy as possible.
- When golden and crunchy, remove from oven and serve it in the traditional Greek manner... with [Taramosalata \(Fish Roe Dip\)](#), [Potato Garlic Mash](#) and Kalamata olives!