



Chocolate Chip Sweet Mahlab Bread

1 hour

Hands on

Family

Portion(s)

3

Difficulty



Ingredients

- 150 g water
- 15 g yeast
- 500 g hard flour
- 1 1/2 tablespoon(s) granulated sugar
- 150 g honey
- 150 g butter
- orange zest, of 1 orange
- 10 g mahlab
- 2 vanilla pods
- 1 1/2 g mastic
- 2 eggs
- 1 pinch salt
- 100 g chocolate couverture, chopped into 0.5 x 0.5 cubes
- egg white, for brushing

Διατροφικός πίνακας

Nutrition information per 100 gr.

344 Calories (kcal)	15.1 Total Fat (g)	9.0 Saturated Fat (g)	44.0 Total Carbs (g)
17%	22%	45%	17%
14.1 Sugars (g)	6.7 Protein (g)	2.6 Fibre (g)	0.09 Sodium (g)
16%	13%	10%	2%

Method

Photo credit: G. Drakopoulos - Food
Styling: T. Webb

- In a mixers bowl, combine the water, yeast and 2 tablespoons of flour with a spoon. Cover gently with the remaining flour.
- Set aside and allow it to rise for about ½ an hour. It will be ready when the yeast is activated and bubbles will rise and break out of the flour.
- Beat the sugar, mahlab and mastic in a small blender, until they are finely ground. You can also do this with a [mortar](#) and pestle.
- Heat the honey, 100 g butter, orange zest, vanilla and ground sugar and spice mixture in a [pan](#), over very low heat. Heat only until it warms through and the butter melts, do not over heat.
- Remove pan from heat and add the eggs into the lukewarm mixture. Beat with a hand whisk until completely combined.
- Add to the mixer. Beat until a dough forms and it starts to pull back from the sides of the bowl.
- Add the 50 g chilled butter cut into cubes, while the mixer is beating.
- As soon as the last piece of butter has been absorbed, remove dough from mixer. Transfer to a bowl, cover with a towel and set aside to rise for about 1-2 hours. (Do not set aside in a very warm place.)
- When ready, shape the dough into two braids. Insert the pieces of chocolate in the dough and set aside to cool for another 30 minutes to 1 hour.
- Preheat oven to 180* C (350* F) Fan.
- Brush braids with some egg white and bake for 20-30 minutes.

Tip

You need to beat the dough extremely well in the mixture to create a "stringy" dough that is necessary for this type of sweet bread.