

# Medfouna



## Ingredients

### For the dough:

- 1 sachet dried yeast
- 175ml / 6fl oz lukewarm water
- 250g / 9oz plain flour, plus extra for dusting
- 1/2 tsp salt
- 1 tsp caraway seeds
- olive oil, for brushing
- sea salt flakes, for sprinkling

### For the filling:

- 1 onion, finely chopped
- 1/2 large stick celery, finely chopped
- 2 tbsp thyme, leaves picked and chopped
- 4 tbsp flatleaf parsley, chopped
- 1 tsp ground coriander
- 500g / 1lb 2oz fillet steak, finely chopped
- salt and freshly ground black pepper

### Serves four



30 minutes to 1 hour



10 - 30 minutes

## Preparation

Preheat the oven to 180C/350F/Gas 4.

For the dough, add the yeast to the warm water and mix to dissolve.

Mix the flour, salt and caraway seeds in a bowl. Add the yeast and water mixture to the flour and mix to form a dough.

On a floured work surface, knead the dough for ten minutes.

Divide the dough into two equal pieces and place in bowls. Cover the bowls with a tea towel or cling film and leave to rise in a warm place for 30 minutes, or until the dough has doubled in size.

Meanwhile, for the filling, place the onion, celery, thyme, parsley, coriander and meat into a bowl. Season with salt and freshly ground black pepper and mix well.

To make the medfouna, once the dough has risen, roll out both portions into large rounds the size of a dinner plate.

Place one of the dough rounds on a baking tray. Place the filling on top and spread evenly, leaving a 2cm/1in edge. Brush the edge with a little water. Place the second dough round on top and press the edges gently together to seal the bread.

Brush the top with some olive oil and sprinkle lightly with sea salt flakes, taking care not to oversalt the bread.

Transfer to the oven and bake for 20-25 minutes, or until golden-brown.

Serve