



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Kumru

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Half matchbox sized yeast
1 + 1/2 cups warm water
1 tsp granulated sugar
1 tsp salt
Enough flour

For Upper Side:
1 tbsp water
1/2 tbsp granulated sugar
1 tbsp sesame

- # Put warm water, sugar and yeast into a deep bowl, and mix it by your fingertips until the yeast dissolves in the mixture.
- # Add salt on it, and add sifted flour into it until it reaches to a high consistency.
- # Knead the mixture until the dough smoothens. Cover it and rest for 1 hour.
- # Divide the rested dough into 8 pieces. Cover the dough pieces and rest them for 30 more minutes.
- # Roll the dough pieces which are rested twice gently on the bench, shape them as a cylinder and then taper the both ends of the cylinder shaped dough piece to turn it to sandwich loaf.
- # After preparing all of the sandwich loaves by this way, spread sugared water all over and sprinkle sesame. You can score the upper side to get a better view.
- # Bake it in the 410 F preheated oven, until their upper sides turn to red.
- # Transect the cooked sandwich loaves by a knife, and place some ingredients as cheese, salami, sausage etc. in it and serve.

Note: Kumru is the specific sandwich of Çeşme town of İzmir.