

LAVASH



ELEMENTS : BREAD DOUGH

TOOLS/EQUIPMENTS REQUIRED: MIXING BOWLS, SPATULA, SIEVE, SPOONS, WEIGHING SCALE, BRUSH, DOUGH SCRAPER, BAKING TRAY, ROLLING PIN, KNIFE



FOR THE DOUGH		COSTING (in ₹)**		NO. OF PORTIONS:
INGREDIENTS	QUANTITY	WHOLESALE	M.R.P.	ELEMENTS
All Purpose Flour	150 g	3.3	4.98	Bread Dough
Caster Sugar	6 g	0.4	0.8	
Black Salt	6 g	0.4	0.4	
Cumin Powder	5 g	0.6	0.6	Garnish
Water	75-80 g	1.8	1.8	Curd Dip
Oil	5 g	1	1	
TOTAL		7.5	9.58	INSTRUCTIONS
METHOD <ol style="list-style-type: none"> Pre-heat the oven at 180°C (OTG mode: upper rod + lower rod + fan). In a bowl, collect all the dry ingredients, i.e flour, sugar, black salt and cumin powder. Now, add water to it and combine to form a stiff dough. When the dough is formed, transfer it on the counter and start kneading it to form gluten in it. Add the oil and knead again till you have a soft and smooth dough. Keep it covered on the counter for 15 mins. Using a rolling pin, start sheeting it to the size of the baking tray. Cover the back of the baking tray with the dough and trim the edges. Let it dry for about half hour and then make the cuts as required. Bake it for 8-10 minutes, once baked, break the pieces as required. 				OVEN TEMPERATURES OTG 180°C (upper rod + lower rod) DECK OVEN Upper temperature – 180°C Lower temperature – 180°C UNOX 160°C, Fan speed – 1, Humidity – 0

FOR THE GARNISH		COSTING (in ₹)**		NO. OF PORTIONS:
INGREDIENTS	QUANTITY	WHOLESALE	M.R.P.	
Black Sesame Seed	10 g	2.5	2.9	
White Sesame Seed	10 g	2.1	2.6	
Turmeric Powder	2 g	0.3	0.3	
Red chilli powder	2 g	0.6	0.6	
TOTAL		5.5	6.4	INSTRUCTIONS



<p>METHOD</p> <ol style="list-style-type: none"> Before baking, sprinkle turmeric powder and chilli powder on the edges and sprinkle black and white sesame seeds all over the dough. 	
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FOR THE DIP		COSTING (in ₹)**		NO. OF PORTIONS: 1
INGREDIENTS	QUANTITY	WHOLESALE	M.R.P.	
Curd	200 g	20	20	
Chopped Spring Onion	5 g	-	-	
Garlic Powder	2 g	0.5	0.5	
Garlic Paste	3 g	0.6	0.6	
Lemon juice	2-3 drops	-	-	
Black Pepper Powder	1 g	0.24	0.24	
Salt	To taste	-	-	
Roasted Cumin	1 g	0.4	0.4	
TOTAL		21.74	21.74	INSTRUCTIONS
<p>METHOD</p> <ol style="list-style-type: none"> Hang the curd using a muslin cloth for about 1 hour to drain off the excess water. Now add all the ingredients to the hung curd and mix properly. Garnish with some spring onion leaves. 				

NOTE		
Shelf life of	Room temperature	Freezer
Bread dough	-	1 month
Baked bread	5-7 days	-
Curd Dip	1-2 days	-

***given cost is only approximate and can change for different cities and vendors*