

Noni Afghani (Afghan Bread)



INGREDIENTS

1. 1 ¹/₂ cups warm water
2. 1 package dry yeast
3. 1 tablespoon sugar
4. 4 cups flour
5. 1 teaspoon salt
6. 1/4 cup corn oil
7. 1 egg yolk mixed with 1 tablespoon water
8. 1 tablespoon black cumin or caraway seeds

Method:

1. Mix 1/2 cup of warm water, yeast, and sugar together and let it proof for 10 minutes. When froth appears, sprinkle 1/2 teaspoon flour on top and let it continue to proof for 5 more minutes. The froth will rise quickly.
2. Put flour in a large mixing bowl and sprinkle salt over it. Make a well in middle of the flour and add oil and the yeast mixture. Stir this in and add small amounts of water until you have produced a soft, moist dough that can be handled.
3. Knead well for 5 minutes. Put dough ball back in bowl, cover with a towel, and let it rise for 1 1/2 hours. Punch down dough.
4. Divide dough into 8 equal parts and roll each part into a ball. Roll each ball into an oval shape 6 to 7 inches long and 1/2-inch thick. Draw the tines of a fork in 3 lines along the length of each *noni* (oval-shaped loaf) for a decorative design. Paint each *noni* with egg mixture and sprinkle 1/2 teaspoon black cumin seeds over all of them. This is traditional seed to use, but caraway seeds may be substituted if black cumin seed is unobtainable.
5. Put *noni* on an ungreased cookie sheet and bake in a preheated 350°F oven for 20 to 25 minutes. The brown top will glisten.

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Yields: 8 *noni*.

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