

## Layana - Lenten Flat Bread

- ❖ Layana is traditionally made on Clean Monday, the beginning of Easter Lent and a strict day of fasting (no meat, dairy or oil).
- ❖ Ingredients
  - 1 pkg. rapid rise dry yeast
  - 2 tsp. sugar
  - 1 1/2 cups warm water
  - 1 tsp salt
  - 1/4 tsp anise extract (optional)
  - 4 1/2 cups unbleached with flour
  - 1/4/ cup sesame seeds
- ❖ Preparation

In a small bowl, dissolve the yeast in the warm water. In a large bowl, combine 1 cup of the flour with salt and the anise extract. Add the yeast mixture to the large bowl and stir until blended. Gradually add flour to yield non-sticky dough. Transfer dough to a lightly floured surface and knead until smooth. Set aside the dough and let rest 10 minutes. Coat a 12" x 15" baking sheet lightly with corn oil or non-stick cooking spray. Spread the dough onto the pan and stretch it until it fits the entire pan. Cover and let it rise in a warm place until it doubles in size. Brush the top with water and sprinkle the sesame seeds on top. Bake at 375 for 30-40 minutes.
- ❖ Serving

Layana is often served with Halva and olives.