

Classic Lachmaniot Recipe

Yosef Kaner

Once you have lived in the Land of Israel, you miss it. There are certain food items that remind you of the place. A few come to my mind – chocolate milk in those little plastic pillow-shaped containers, black “beer” (the non-alcoholic malt beverage) and lachmaniot (those hot-dog roll/baguette looking things). Does that mean I crave carbs? That is irrelevant.

There is the story of the chassid who wanted to move from Russia to Eretz Yisrael at a time when it was not really feasible for him. His Rebbe advised him in Yiddish, “mach doh Eretz Yisrael” which means make this place like Eretz Yisrael (until you can actually be in the real thing).

In light of that, here is a recipe for lachmaniot (and if you get a rise out bad puns, this is the yeast I could do: “mach dough Eretz Yisrael”), modified slightly from the one that is on the Angel’s Bakery website. They work best with unbleached flour. With whole grain flour they come out a little too heavy. They are great warm.

Ingredients:

1 ½ cup of water
 ½ cup of olive oil
 2 tsp brown or turbinado sugar
 1 ½ tsp salt
 ¾ tsp black or white pepper
 5 cups unbleached flour
 1 tbsp dry yeast
 maybe one egg (see below)



If you are making the dough in a bread machine, put all of the liquid ingredients in first and the yeast in last. Knead until a good consistency. Put the lump of dough on a floured board. Divide into 12 pieces, rolling each one into a ball. Take each ball, and flatten it out to about the size of a pita (6 or 7 inches in diameter). Then roll the flat piece of dough up until it is roughly the shape of a hot dog roll. Place on a lightly greased baking sheet and let rise for 45 minutes.

If you like you can glaze them with an egg wash to give them that dark shiny look. Take one egg yolk, mix it with one teaspoon of water and brush the mixture on the tops of the lachmaniot. (This always leaves you with one egg white, though, that you don’t want to waste. What I usually do is include the egg white in with the 1 ½ cups of liquid and Shalom Al Yisrael.)

Bake in a preheated oven at 375^F for 20-25 minutes, until golden brown.

(adapted from Angel’s Bakery, Yerushalayim, www.angel.co.il)

