Desserts / Yemen

Bint al-sahn



A many-layered enriched bread brushed with ghee, drenched in honey and scattered with nigella.

Time 115 min **Servings** 8

What you'll need.

- [ ] 500 g Flour
- [ ] 3 piece Eggs
- [ ] 7 g Dry yeast
- [ ] 200 ml Warm milk
- [ ] 300 g Ghee
- [ ] 250 g Honey
- [ ] 2 tsp Nigella seeds
- [ ] 1 tbsp Sugar
- [ ] 1 tsp Salt

Let's make it.

01 Dissolve the yeast and sugar in the warm milk and leave it ten minutes.

02 Knead a soft dough from the flour, eggs, yeast mixture, salt and two spoons of ghee, and work it fifteen minutes.

03 Let it rise somewhere warm for an hour, until doubled.

04 Divide it into ten balls, oil them and rest them twenty minutes under film.

05 Stretch the first ball by hand to the size of the tin, lay it in and brush it generously with ghee.

06 Repeat with the rest, buttering every layer. Brush the top one too and scatter it with nigella.

07 Bake at 190 °C for thirty-five minutes and pour the honey over immediately, while the bread is hot.

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