

Simit (Turkish Bread)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/simit-recipe-classical-turkish-cooking>

Ingredients:

- 3 cups all-purpose flour plus more for dusting
- 1 cup water lukewarm, 110-114 degrees F
- 5 grams active dry yeast
- 1 teaspoon honey or sugar
- 1 teaspoon sea salt
- 1 cup sesame seeds slightly toasted
- 1/4 cup molasses pekmez, grape, I only had barley malt syrup
- 1/4 cup water

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 97 grams
3. Fat: 19 grams
4. Fiber: 7 grams
5. Protein: 16 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 610 milligrams
8. Sugar: 13 grams

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