

KA'KAT BREAD

(from Karen's Kitchen Stories)

2 T sugar
2 tsp active dry yeast
2 cups warm (105 to 115 degrees F) water
17 to 21 ounces of bread or unbleached all-purpose flour, divided
1 1/2 tsp salt
1/4 tsp ground mahlab
1 large egg, beaten
3 to 4 tsp sesame seeds

In the bowl of a stand mixer, whisk the sugar, yeast, and water. Add 12 ounces of the flour, and mix on low with the dough hook for about 3 minutes. Cover the bowl with plastic wrap and let it sit for about 10 minutes.

Add the salt and mahlab, mix on low. Gradually add flour until you have a dough that is cohesive (I used all of the flour). Mix on low for about 10 minutes. Let the dough rise in an oiled bowl until doubled, about 60 to 120 minutes.

Line two baking sheets with parchment. Divide the dough into 32 equal pieces. Roll each piece into a 6 inch rope. Form the ropes into rings and place them onto the baking sheets. Keep the rings covered with oiled plastic wrap. Cover and let rise for about 30 minutes.

Heat the oven to 400 degrees F and place the oven racks in the upper third of the oven. Brush the Ka'kat with the egg wash, and sprinkle with sesame seeds. Bake the Ka'kat for about 20 minutes, until golden. Rotate the pans halfway through. Let cool on the pans for about 5 minutes before serving warm.

Leftovers can be reheated in a hot oven.