

GOURMET EXPRESS

From

Meir's kitchen

No.4



ALL IN ONE Israeli-fusion-kosher Hunter bread :

Preparation: 20 min. + 1 day cooking time.

Serves for 5 (1-2pcs per person)

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ingredients

- One big brown bread
- 5 tomatoes
- 3 red pepper
- 1 onion
- 1 clove
- 3 pcs of chicken breast
- Collections of sausages: salami, pastrami, smokes whatever. It all should be around 300 gr.
- Olive oil
- Kummel
- Grease-proof paper.
- Sewing thread
- Salt and ground pepper



Method and preparation the bread:

- Cut the bread on one side and take out the soft (the dough) till the bread will be empty.
- Now, we have one big tunnel bread.



Method and preparation the chicken breast:



- Take the chicken breast and crush them as a schnitzel
 - Spice them with salt and ground pepper
- Fry and brown the chicken breast with olive oil on both sides



Method and preparation the vegetables:

- Now, cook together in a put the chops onions, the chops tomatoes and sliced of the red pepper.
- Spice them with the Kummel, salt and pepper.
- Other spices are welcome. Up to your taste.
- At last, it should be like a shakshuka...



Method and preparation build the bread

- Now, we are going to build the bread.
- Take the bread in one hand, and place at the first level the chicken breast all over the tunnel.



Method and preparation build the bread



- Place at the second level the Shakshuka (the vegetables mix)
- And at last, place the assuages collection.
- To fill the tunnel use with your hands or with big spoon. Keep fill it same all over the tunnel





Next...

- Pre heat the oven to 100 c.
- Take the bread and cover it with the grease-proof paper
- tie the parcel with sewing thread.
- Put the parcel on a tray and put it on the oven for 2 hours on 100c
- Take it out from the oven and compress the tray with something heavy.
- I used a rock from my garden but the BUDHA in Cheryl's garden will be terrific.....
- Keep it for the next 24 hours.

Ready to eat...

- After one day, take out the bread, and slice it in about 2-3 cm. each slice.
- Wonderful as a appetizer. As a fingers-food or as a main course with rice.



BON-APPETIT!!

Shabbat Shalom

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Happy Purim



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