

JointAction - we eat the world

Recipe Example

Recipe

Name of the recipe: Best Basil Bread

Ingredients and amounts:

12 dried tomatoes in oil

1 bunch of basil

1 package dried yeast

500ml water

12ml sugar

10ml salt

25ml olive oil (any other oil works as well)

13-14dl flour (780-840g)

Instructions:

1. Cut the tomatoes in pieces and chop the basil. Put the yeast in lukewarm water (37°C) and add sugar, salt and oil. Add the flour slowly until you have a soft dough. Leave some flour out for later. Add the tomatoes and basil to the dough and let it rest 30 minutes below a towel.
2. Put some of the left-over flour on the table and take the dough. Separate the dough into even sized buns (around 36 pieces). Put the buns on a tray with a baking paper.
3. Let it rest for another 30 minutes underneath the towel. Pre-heat the oven to 200°C.
4. Brush the buns with some water. (If you want to, you can also take plant-based milk and turmeric instead, which adds a nice color to the buns.) Cut a cross into the top of the buns and bake them in the middle of the oven for around 15 minutes. Let them cool down on a grill below a towel.
5. Enjoy! Very recommended for barbecues.



Additional information

Why is this recipe special to you? I love bread, I grow my own tomatoes and basil. So it was obvious to combine that. But instead of eating the basil and tomatoes ON the bread like usually (baked in the oven with some cheese, for example) I felt like trying to put it IN the bread from the beginning. You put good things together, you find something even better.

Has the recipe a connection to a local tradition or ingredient? If so, what? No, I don't think so. In summer we do a lot of barbecue and picnic where everyone brings something to eat. I always bring these buns, because they are fresh yet filling and just go great with almost everything.

Anything else you want to mention? When will I receive the cookbook? I am really looking forward to discovering all the other recipes!

Background information

Your name: Hanna Happy

Where do you live: Basel, Switzerland

Your age: 26

Legal statement

Please mark one:

I give Mission 21 the permission to publish the submitted recipe with all additional information, including the background information about myself and pictures.