

ONE BITE

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Greek lagana bread with star anise

By Penelope from Maninio



Delicious super easy Greek bread with aromatic star anise.

Servings 3

Ingredients

- 750 grams (2.5 cups) all-purpose flour
- 15 grams (4tsps) dry yeast
- 1 - 1.5 tsp salt
- 500 grams (2 & 1/4 cups) warm water
- 2.5 Tbsp olive oil
- sesame
- 1 tsp ground star anise



Instructions

1. In a bowl, put the water and yeast and mix well.
2. Put aside until is activated for around 20 minutes.
3. Put the yeast mix in a mixer with a hook and add the flour, salt, star anise and oil.
4. Mix at a low speed for 1 minute and continue for 7 more minutes.
5. Put the dough in a bowl, cover with a little olive oil and cover with a plastic membrane.
6. Leave until the dough doubles (about 1 ½ hour).
7. Cut some baking paper.
8. Remove the dough from the bowl and with a knife, cut the dough into three equal pieces. Put in on the baking paper.
9. Cover each lagana with flour and roll out with a rolling pin. Make curvy rectangular shapes.
10. Preheat your oven to 200° C.
11. Leave the bread to activate for 20 minutes.
12. As soon as you pass 20 minutes, press the bread with your fingers to make it look like lace.
13. Spread the bread with water and sprinkle with sesame seeds.
14. Bake for 15 minutes.



About the author...

Penelope is the creator of **Maninio**, so named after the nickname her niece gave her. A passionate traveller and foodie, she has had many gastronomic adventures across the world exploring different cultures and cuisines. In 2017 she was introduced to vegetarianism and veganism and their benefits on health, and now just 2 years later she is proudly vegan. With her blog you will discover everything related to a healthy lifestyle from food to travel, eco-friendly restaurants and alternative holidays. Follow her at www.maninio.com