

## Ingredients:

250g bread flour

250g wholewheat flour

1 packet yeast

2 tps sugar

1 tsp salt

150ml warm water +  
400ml water at room temp

Olive oil (for dabbing)

# FLATBREADS FROM LIBYA

## Method:

1. In a big bowl add 150ml warm water, yeast and sugar and mix together. Leave for 10 mins and let the yeast activate. Add the bread flour, wholewheat flour and salt to the bowl. Mix together to incorporate the salt into the dough. Slowly add 400ml of water at room temp to dough and knead for 10-15 mins. When the dough forms a ball and the edges of the bowl are 'clean', you are done. Cover with a towel and let rest for 20 mins.
2. Once the dough has risen, punch down and knead again for an additional 5 to 8 mins. Cover again and let rest for 30 mins.
3. Clean your kitchen surface and cover in a layer of olive oil for the bread to rest on.
4. Preheat oven to 260°C or the highest temperature allowed.
5. Pinch dough into balls. Dab the top of each dough mound with olive oil. Leave for 15 mins.
6. Cover hands in olive oil, pick up a piece of dough, flatten in hand and place on a baking tray.
7. In a fanning motion, spread dough to make a circle, about 3-4 inches round.
8. Allow to bake for 2-3 mins 'til the edges begin to brown and it puffs up, flip it over for another couple of minutes and remove. It will deflate once you remove it from the hot oven.

**“In this group, I feel free to talk about anything or to bake anything. I am not being judged.” Salih**

Inside:  
- Beignet from Togo  
- Honeyed carrot & thyme loaf from the UK  
- Flatbread from Libya

# YOURS TO TRY

Recipes straight from the heart  
of the Freedom from Torture Bread Group:

**“When I bake, my spirits lift up.”**

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### Ingredients:

1 kg white flour

1 cube (40g) fresh baker's yeast

300g brown sugar

1 tsp salt

750ml warm water

1 litre oil (for deep frying)

## BEIGNET FROM TOGO



### Method:

1. Mix flour, sugar, and salt in a large bowl. Add the fresh yeast to dry ingredients and mix it in with your hands. Make a well and add the water in, little by little. Mix after each addition. Knead the dough for about 5 minutes, making it smoother. Cover the bowl with a damp cloth, and let it rise for five hours.
2. Towards the last 20 mins of those five hours, heat the oil (medium heat) for deep frying.
3. Remove the cloth and break off small round pieces of the batter with your hands and drop it gently into the hot oil. Flour your hands to prevent the batter sticking.
4. Add the balls one by one until they fill the surface area, turning each ball once it becomes golden brown for the other side to cook.
5. When the entire beignet is cooked, remove from oil and let it dry on a paper towel. Then add more balls to the oil. Do this for each beignet. When all the dough is finished, be sure to let them cool. Sprinkle some icing sugar if you like.

**“People in the group are from all over the world so we can learn to make different things. My favourite is beignet. They remind me of home.” Jojo**

### Ingredients:

1 tbsp honey

1 tsp coconut oil (melted) or olive oil for step 1

1 tbsp of olive oil for step 2

4 shredded carrots

2 tsp dried thyme

100g wholemeal flour

125g plain flour

3/4 tsp baking powder

3/4 tsp bicarbonate of soda

3 eggs

50g natural yoghurt

## HONEYED CARROT AND THYME LOAF FROM THE UK

*(This is just a lovely recipe we tried out that proved a real hit in our group!)*

### Method:

1. Heat oven to 180°C/160°C fan/gas 4. Mix the honey and 1 tsp oil, then add the shredded carrot and thyme. Season and stir well. Tip onto a baking tray and roast for 10-15 mins, tossing halfway through cooking. Remove from the oven and set aside to cool slightly.
2. Meanwhile, combine the flours, baking powder, bicarb and a pinch of salt. In a separate bowl, lightly beat the eggs, yoghurt and remaining oil. Add the flour mix, then fold in the roasted carrot mix.
3. Pour into a lined 900g loaf tin and bake for 50 mins-1 hr. Leave to cool before slicing. To serve, top with chutney and cheddar, cream cheese or honey.



**“After being with the group, I feel helpful and I have learned a new skill as I have never baked bread before. I feel protected and safe in the group.” Jacinta**