

LANGOS

Langos , Romanian fried bread, became part of the country's cuisine centuries ago when it was introduced by the Turks during their occupation.

Today it's a favourite street food an eaten as an appetiser or snack, usually simply, rubbed with garlic and sprinkled with salt. Some incorporate caraway seeds and mashed potato into the yeast dough. Variations are to serve langos with sour cream and dill or shredded Emmenthaler or Gruyere cheese, or sprinkled with cinnamon sugar or confectioner's sugar for a sweet version.

Langos Dough

1 large potato, boiled peeled, mashed and kept warm.

2 ½ teaspoons instant yeast (same as rapid-rise or bread-machine yeast)

1 teaspoon sugar

2 to 3 cups all purpose flour

¼ teaspoon salt

½ cup milk

To make the dough: place the warm mashed potato, yeast, sugar, 2 cups flour (more if needed) salt, milk, mixed in a large bowl, combine the ingredients until well moistened.

Switch to dough hook and knead for 5 to 7 mins or until smooth and elastic, adding more flour as necessary. The dough will be soft but it shouldn't be wet.

Transfer to a greased bowl, cover and let rise until doubled.

Separate dough into 8 portions, shape into a round and place on a lightly floured board. Cover and let rest for 20 mins.

In a large skillet, heat 1in oil to 350deg. Flatten and stretch dough to about an 8in diameter. Add your filling of either feta cheese dill and spring onions or braised cabbage. Turn the dough over to make a pasties shape. Fry one at a time, about 2 mins per side or until golden. Drain on paper towel.

Served hot rubbed with garlic clove and sprinkled with salt, if desired. Other variations include topping with sour cream and chopping dill or shredded cheese. Cinnamon and sugar make a sweet version.