

80  
minutes



## Msemen

*the bread of slow mornings*

### Ingredients:

- 300g Plain flour
- 100g Fine semolina
- 1 tsp Sea salt
- 1 tsp Sugar
- 7g Instant yeast
- 200ml Warm water

### Ingredients — for folding

- 80g Unsalted butter, softened
- 4 tbsp Fine semolina
- 2 tbsp Neutral oil (for hands)

### Instructions:

1. Combine the flour, semolina, salt, sugar and yeast in a large bowl. Add the warm water gradually and mix until a soft, slightly sticky dough forms. Knead for 10 minutes until smooth and elastic.
2. Divide the dough into 8 equal balls. Oil your hands and the work surface generously. Cover the balls with a clean cloth and rest for 20 minutes.
3. Oil your hands again. Take one ball and press it flat with your palm into a thin round, as thin as you can without tearing — roughly 20cm across.
4. Spread a thin layer of softened butter across the surface. Sprinkle lightly with semolina. Fold the left third inward, then the right third over it — like a letter. You now have a rectangle.
5. Fold the top third down and the bottom third up — you now have a small square. Set aside and repeat with the remaining balls. Rest for another 10 minutes.
6. Take each square and gently flatten again with oiled hands into a larger square, roughly 15cm across. Be gentle — you want to keep the layers.
7. Heat a dry pan over medium heat. Cook each Msemen for 3–4 minutes per side until golden, with some deeper brown spots. The layers should be visible at the edges.
8. Serve immediately with mint tea, honey and argan oil — or with butter and jam for a simpler morning.