

Treasure Barrel

Easy Lahmacun Recipe: Turkish Flatbread with Meat

30 min Prep time	**10 min** Cook time	**40 min** Total time
4 Servings	**Medium** Difficulty	**Turkish** Cuisine

Ingredients

For the Dough

- [ ] 2 cups all-purpose flour
- [ ] 1 tsp active dry yeast
- [ ] 1 tsp sugar
- [ ] 3/4 cup warm water
- [ ] 1 tbsp olive oil
- [ ] 1/2 tsp salt

For the Topping

- [ ] 1/2 lb ground lamb
- [ ] 1 small onion, finely chopped
- [ ] 1/2 red bell pepper, finely chopped
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp paprika
- [ ] 1/2 tsp cumin
- [ ] 1/4 tsp black pepper
- [ ] 1/4 cup fresh parsley, chopped
- [ ] 1 tbsp olive oil
- [ ] Salt to taste

For Serving

- [ ] Extra fresh parsley
- [ ] Lemon wedges
- [ ] Thinly sliced red onion (optional)

Instructions

1. In a small bowl, mix the yeast and sugar with warm water. Let it sit for 5 minutes until foamy. In a larger bowl, combine flour and salt. Pour in the yeast mixture and olive oil, and mix until a soft dough forms.
2. Knead the dough on a floured surface for about 5 minutes until smooth. Place it in a lightly oiled bowl, cover, and let it rise in a warm place for 1 hour, or until doubled in size.
3. While the dough rises, make the topping. In a bowl, combine ground lamb, chopped onion, bell pepper, tomato paste, paprika, cumin, black pepper, parsley, olive oil, and salt. Mix well until everything is evenly combined.
4. Preheat your oven to 475°F (245°C). If you have a pizza stone, place it in the oven to heat up. Otherwise, a baking sheet is fine.
5. Divide the dough into 4 equal pieces. On a floured surface, roll each piece into a very thin circle, about 8-9 inches wide.
6. Spread a thin, even layer of the meat mixture over each dough circle, leaving a small border around the edges.

7. Carefully transfer the lahmacun to the preheated stone or baking sheet. Bake for 8-10 minutes, until the edges are crisp and the topping is cooked through.

8. Remove from the oven, sprinkle with extra parsley, and serve immediately with lemon wedges. Enjoy warm.

Nutrition per serving

320 kcal	16 g	38 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough is sticky, add a little more flour while kneading.
- You can prepare the meat topping ahead and refrigerate it until ready to use.
- For extra crispness, bake the lahmacun directly on the oven rack if using a pizza stone.