



LEBANON

BREAKFAST

PRINTABLE RECIPE PDF

Lebanese Manakish Za'atar

Manakish Za'atar is a beloved Lebanese flatbread often enjoyed for breakfast or as a snack. Its origins date back centuries, reflecting the rich culinary heritage of

PREP

15 min

COOK

15 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 200 g all-purpose flour - plus extra for dusting
- 120 ml warm water - about 40°C (104°F)
- 1 teaspoon instant yeast - or active dry yeast
- 1 teaspoon salt
- 2 tablespoons olive oil - plus more for brushing
- 3 tablespoons za'atar - a blend of thyme, oregano, sesame seeds, and sumac
- 2 tablespoons fresh yogurt - for serving

WHY THIS WORKS

About this recipe

A printable Lebanese Manakish Za'atar recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Manakish Za'atar is a beloved Lebanese flatbread often enjoyed for breakfast or as a snack. Its origins date back centuries, reflecting the rich culinary heritage of the Levant, where za'atar, a blend of herbs, sesame seeds, and sumac, is a

ORIGIN & TRADITION

Mediterranean context

Manakish Za'atar is a beloved Lebanese flatbread often enjoyed for breakfast or as a snack. Its origins date back centuries, reflecting the rich culinary heritage of the Levant, where za'atar, a blend of herbs, sesame seeds, and sumac, is a staple seasoning. This simple yet flavorful dish encapsulates the communal spirit of Lebanese dining, often shared among family and friends.

METHOD

Step-by-step instructions

1

In a mixing bowl, combine the warm water and yeast. Let it sit for about 5 minutes until frothy.

2

Add the flour, salt, and olive oil to the yeast mixture. Mix until a dough forms.

3

Knead the dough on a lightly floured surface for about 5-7 minutes until smooth and elastic.

4

Place the dough in a lightly greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1 hour or until doubled in size.

5

Preheat your oven to 220°C (428°F). If you have a baking stone, place it in the oven to heat up.

6

Once risen, punch down the dough and divide it into two equal portions. Roll each portion into a flat circle, about 25 cm (10 inches) in diameter.

7

Brush each flatbread lightly with olive oil and sprinkle generously with za'atar.

8

Place the manakish on a baking sheet or directly on the baking stone. Bake for 10-12 minutes until golden and bubbly.

METHOD

Instructions continued

9

Remove from the oven and let cool slightly. Serve warm with fresh yogurt.

CHEF'S TIP

For a more intense flavor, let the za'atar sit in olive oil for a few hours before using it on the bread.

NUTRITION PER SERVING (EST.)

Calories	270 kcal	Fat	10 g
Protein	7 g	Fiber	2 g
Carbohydrates	38 g	Sodium	200 mg

SERVING SUGGESTION

Manakish Za'atar is traditionally served warm, often with a side of fresh yogurt and sliced vegetables like cucumbers and tomatoes.

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