Schinokouloura Anevata of Archangelos (Rhodes)

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Schinokouloura, full of deep red coloured skinsos seeds that contain a beautiful medium sweet and yet sour flavour as well as a unique aroma. A very special traditional bun.
Schinokouloura anevata?

“Anevata” traditional buns are made of yeast and after kneading they remain covered with a blanket until they ‘anevoun’, which means swell. The swelled dough is slightly cut on the top.
Our ingredients:

- 5kg flour (half all-purpose half wheat)
- Olive oil (about 1kg)
- Sugar up to 1kg (to taste)
- 2-3 cups of lukewarm water
- A pinch of salt
- Skinos seed (to taste)
Execution

- Prepare from the night before the dough (yeast) using 1 ½ kg flour
- The next day add in a bowl the rest of the flour and the pinch of salt. Make a hole in the middle of the flour and add the yeast there. Mix it slightly with the rest of the flour.
• Add the sugar and stir. Then add the olive oil gradually and stir. You might not need to add all of it, depends on the flour.

• Add the water gradually and start kneading. It might need more, again depending on the flour. The dough should be soft.

• When dough is almost ready add the skinos seeds, about 100gr to 1kg flour and knead some more.
• Make buns in the size of a tea saucer.
• Place your freshly made schinokouloura in buttered oven pans and cover them up with a towel and a blanket on top. Wait until they swell.
• When they are sized up smear them with egg yolk mixed with some water and bake them immediately.
• For electric oven, 170 Celsius degrees for 20-25 mins until they turn lightly brown.
• For a traditional wood oven, fire up in medium heat and bake.
GOOD LUCK

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