ASSOCIATION INTERNATIONALE DES FORETS MEDITERRANEENNES

CIHEAM MAI CHANIA

INRGREF

BURSA TECHNICAL UNIVERSITY 2010

STVDIORVM UNIVERSITAS CARALITANA

Forêt Modèle de Provence

Schinokouloura Anevata of Archangelos (Rhodes)

Mrs. Charikleia Nestoros, Coordinator of Nostos Homes Cultural Projects

Cofinancé par le programme Erasmus+ de l'Union européenne

Schinokouloura Anevata of Archangelos (Rhodes)

Schinokouloura,

full of deep red coloured skinos seeds that

contain a beautiful medium sweet and

yet sour flavour

as well as a unique aroma.

A very special traditional bun.

Cofinancé par le programme Erasmus+ de l'Union européenne

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.

Cofinancé par le programme Erasmus+ de l’Union européenne

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)

Cofinancé par le programme Erasmus+ de l'Union européenne

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.

par le
e Erasmus+
de l'Union européenne

- 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.

par le
e Erasmus+
de l'Union européenne

GOOD LUCK

Nostos Homes

Two traditional arch homes in Archangelos Rhodes - Ambassadors of Hellenic Culture"

Cofinancé par le programme Erasmus+ de l'Union européenne