

# Ancient Egyptian Sun Bread

**Season:** All

**Serves:** 8 round loaves about  
10 cm in diameter

In ancient Egypt bread was given as an offering at temples. Bread offerings were made in the shape of oxen or animals. *Shamsi* (sun bread) is shaped like the Sun, an important symbol in ancient Egypt.

## Equipment:

metric measuring cups  
and spoons  
bowls – 1 small, 1 large  
mixing spoon  
sieve  
baking trays  
baking paper  
large round cookie or  
scone cutter  
spatular or egg lifter  
decorating tool, such as a  
wooden or metal spoon  
or fork  
cooling racks

## Ingredients:

½ tsp dry yeast  
1 ½ cups warm water  
½ tsp honey  
3 cups whole-wheat flour  
¼ tsp fine sea salt  
plain white flour for dusting

## What to do:

1. Preheat the oven to 200°C.
2. Place the yeast in the small bowl with ½ cup warm water and the honey. Stir gently and set aside in a warm place for about 20 minutes until it begins to double or froth.
3. Sieve the flour into the large bowl. Set aside the large flakes (wheat bran) for later.
4. Add the salt to the flour, then add the yeast, honey and water mixture.
5. Stirring gently, add the rest of the warm water, ¼ cup at a time. You might not need all the water. Stop when the dough pulls together into a ball.
6. Sprinkle some flour onto a clean workbench, tip out the dough and knead it for about 30 seconds.
7. Press the dough with your hands into a flat shape about 1 cm thick.
8. Cover the baking trays with baking paper and sprinkle with a generous handful of the wheat bran you saved earlier.
9. Using a cookie or scone cutter, cut circles from the dough, lift them gently with a spatula and place them on the baking trays.

10. Gather up the scraps, press together, flatten to 1 cm thickness and cut more circles until all the dough is cut. Leave the circles to rise for 15 minutes in a warm place.
11. Using a spatula if needed, gently turn them over. Sprinkle again with bran. Leave for 15 minutes.
12. Decorate the loaves of Sun Bread with rays and circles with your decorating tool.
13. Bake the loaves for 10–12 minutes until the tops turn golden. Place on cooling racks for a couple of minutes. Serve warm.

