

Lahmajoun (Armenian Spiced Meat Flatbreads)

Makes 8–10 thin flatbreads • ~60–75 minutes (incl. rise) • Sweden-friendly



Photo: courtesy of Lambros

Ingredients

- **Dough:** 500 g wheat flour, 7 g dry yeast, 1 tsp sugar, 1.5 tsp salt, 300 ml warm water, 2 tbsp olive oil
- **Topping:** 400–500 g minced beef or lamb (or mix)
- 1 onion, finely grated or minced
- 2 garlic cloves, minced
- 1 red bell pepper, very finely chopped
- 2 tomatoes, finely grated/chopped (or 200 g crushed tomatoes, well-drained)
- 2 tbsp tomato paste
- 1 small bunch parsley, finely chopped
- 1 tsp ground cumin
- 1 tsp sweet paprika
- 1/2 tsp allspice or cinnamon (optional but very Armenian)
- 1/2–1 tsp chilli flakes (to taste)
- 1.5 tsp salt + black pepper
- 2 tbsp olive oil + 1 tbsp lemon juice
- **To serve:** lemon wedges, extra parsley, sliced red onion, optional yoghurt

Steps

- 1 **Dough:** Mix warm water + sugar + yeast; rest 5 min until foamy. Stir in flour + salt, then olive oil. Knead 6–8 min until smooth.
- 2 **Rise:** Cover and let rise 45–60 min (until doubled).
- 3 **Make topping:** Mix mince with onion, garlic, pepper, tomato, tomato paste, parsley, spices, salt/pepper, olive oil and lemon. The mixture should be spreadable—if watery, drain tomatoes a bit; if too stiff, add 1–2 tbsp water.
- 4 **Heat oven:** 250°C (or as hot as it goes). Preheat a baking tray (or pizza stone) for better crispness.
- 5 **Shape:** Divide dough into 8–10 balls. Roll each very thin (20–24 cm).
- 6 **Top:** Spread a thin layer of meat mixture right to the edges (it cooks fast when thin).
- 7 **Bake:** Slide onto hot tray. Bake 6–8 min until edges brown and topping is cooked. Repeat.
- 8 **Finish:** Serve immediately with lemon to squeeze over. Roll up with parsley + onion inside.

Serve

- Classic: squeeze lots of lemon, add parsley + red onion, roll and eat.
- With a simple salad (cucumber, tomato) and yoghurt on the side.

Notes

- Weeknight shortcut: use store-bought thin flatbreads/tortillas; top and bake at 250°C for ~6–7 minutes.
- If your oven maxes at 225°C, bake a bit longer (8–10 minutes) and keep the topping very thin.