




BANNER


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MAIN



ARTICLE

HEADING 1

Sand bread

Sand bread is bread commonly prepared by Bedouin communities in Morocco. The name “sand bread” comes from the unique way it is baked, buried in the hot desert sand, resulting in a delicious and rustic flatbread. This way of cooking bread in the desert is still popular in some places where the nomadic people live. It is mostly made by the men of the family.

FIGURE

 A flat taguella being cooked in the remains of a desert fire. TAHON, Dorine. 2009. PB190376.JPG [online]. Wikipedia [accessed: 2024/12/29]. Available at:  [https://commons.wikimedia.org/wiki/File:Pain_\(taguella\)_%C3%A0_El_Ghessour,_Alg%C3%A9rie,_19_novembre_2009.jpg](https://commons.wikimedia.org/wiki/File:Pain_(taguella)_%C3%A0_El_Ghessour,_Alg%C3%A9rie,_19_novembre_2009.jpg)



The bread dough is made from simple ingredients, usually flour, water, yeast, and salt. Some variations may include semolina or a mix of different flours. The dough is kneaded thoroughly until it becomes smooth and elastic and then left to rest in a warm place. The dough is then divided into small portions and shaped into round, flat discs, similar to pita bread or tortillas.

Nomads traditionally bake this bread in the desert, using the hot sand to cook it. The sand is heated by the intense sun and retains a significant amount of heat. Once the sand is sufficiently hot, the bread rounds are buried directly into the sand. The bread is placed on hot embers or in a shallow hole, and then hot sand is piled on top to cover it completely.

The intense heat from the sand cooks the bread evenly and imparts a unique flavor and texture. The baking process usually takes around 20-30 minutes, depending on the size of the bread and the intensity of the heat. After the baking time has passed, the bread is carefully unearthed from the hot sand. The sand forms a natural oven that locks in moisture, resulting in a soft, slightly chewy interior and a crispy crust.


Ready without a single grain of sand!

FIGURE

 An algerian man of Kel Ahaggar heritage cooks Taguella in hot ashes. FERRAH, Johra. 2011. Self-photographed [online]. Wikipedia [accessed: 2024/11/15]. Available at:  <https://commons.wikimedia.org/w/index.php?curid=41707524>

Nomad sand bread is often enjoyed hot and fresh, either on its own or as an accompaniment to various dishes. It can be served with stews, tagines, grilled meats, or used to scoop up dips and sauces. This traditional method of baking bread is still practiced by many nomadic communities, and remains an essential part of North African cuisine reflecting the ingenuity of desert-dwelling communities in making the most of their environment to create nourishing and flavorful food.

CONTENT INFO

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UOC. Desembre de 2024. Isaac Bejarano Fernández