

Kubana Stuffed with Caramelized Onions

Adapted from Einat Admony

This is a Yemenite, pull-apart Sabbath bread that bakes in a slow oven overnight. The final product is darkish brown, soft and flavorful.

About 4 cups all-purpose unbleached flour
1 Tablespoon active dry yeast or instant yeast
1½ cups warm water
4 Tablespoons brown sugar
1 Tablespoon salt
8 Tablespoons unsalted butter or margarine

1. In a large bowl or a stand mixer, combine 1½ cups flour, 1 Tablespoon yeast, and 1½ cups warm water and mix very briefly until smooth. Let stand uncovered for about 10 minutes, until it begins to puff up slightly.
2. With a wooden spatula, add the sugar, salt and flour a cup at a time. Mix well until the mixture comes together. If using a stand mixer, mix with a dough hook on medium speed and knead until dough sticks to the hook for about five minutes, or until the dough is well-mixed and very smooth and elastic. You may also hand knead this dough for about 7 or 8 minutes.
3. Shape the dough into a ball and place it in a bowl. Cover with plastic wrap and let stand at room temperature until it has doubled in size, about 45 minutes to 1 hour. (Or you can refrigerate the covered dough for a few hours.)
4. Preheat the oven to 220 degrees. Generously grease a 3 or 4 quart Dutch oven with 2 Tablespoons of the butter or margarine and sprinkle 1 teaspoon of nigella seeds or toasted sesame seeds over the bottom.
5. Divide the dough into 6 equal pieces. Lightly flatten one piece of the dough with your fingers and smear a bit of butter or margarine over the surface. Place about 2½ Tablespoons of the caramelized onions in the center and bring up the edges to enclose the filling, then smooth the dough into a ball again. Spread a little more butter on the outside of the ball. Repeat to fill the remaining pieces of dough. Use all but a couple teaspoons of the butter or margarine for the balls.
6. Place one ball in the center of the Dutch oven and arrange the rest of them around it. Cover with plastic wrap and set aside to rise for 20 to 30 minutes.
7. Dot the remaining butter on top of the dough. Sprinkle with the remaining teaspoon of sesame or nigella seeds. Cover tightly and bake for 9 to 10 hours.
8. Take the pot out of the oven and remove the lid. Place a large plate over the top of the pot and flip over. The kubana should come out easily.

Caramelized Onions

Adapted from Einat Admony and Janna Gur

3 Tablespoons vegetable oil
3 Tablespoons olive oil
6 large onions, thinly sliced

1. Heat both oils in a very large skillet or Dutch oven over medium heat. Add the onions, increase the heat to medium-high, and cook, giving them a good stir every couple of minutes for twenty minutes. During that time, make sure onions do not burn.
2. Reduce the heat to low and cook, stirring occasionally, for another 40 minutes, or until a deep brown color has developed. As you stir, scrape up any browned bits from the bottom of the pan so they don't burn and stir to add their deep, sweet flavor to the mix. Remove from the heat and let cool completely.

The onions can be stored in an airtight container in the fridge for up to 1 week or frozen for up to 2 months.