

ESTTA Tracking number: **ESTTA585054**

Filing date: **01/31/2014**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91214220
Party	Defendant Soma Restaurant Group, Inc.
Correspondence Address	MICHAEL E. DERGOSITS DERGOSITS & NOAH LLP 3 EMBARCADERO CTR STE 410 SAN FRANCISCO, CA 94111-4000  tmdocketing@dergnoah.com
Submission	Answer and Counterclaim
Filer's Name	Barbara L. Friedman
Filer's e-mail	tmdocketing@dergnoah.com, bfriedman@dergnoah.com
Signature	/Barbara L. Friedman/
Date	01/31/2014
Attachments	Saj Answer & Exhibits.pdf(3720772 bytes )

Registration Subject to the filing

Registration No	3782634	Registration date	04/27/2010
Registrant	SAJ, INC. 6955 South York Street Centennial, CO 80122 COLOMBIA		

Goods/Services Subject to the filing

Class 030. First Use: 2009/08/25 First Use In Commerce: 2009/08/25 All goods and services in the class are requested, namely: Breads and dipping sauces
Class 043. First Use: 2009/08/25 First Use In Commerce: 2009/08/25 All goods and services in the class are requested, namely: Restaurant services

Michael E Dergosits, Esq.  
Barbara L. Friedman, Esq.  
Dergosits & Noah LLP  
Three Embarcadero Center, Suite 410  
San Francisco, CA 94111

Attorneys for Applicant Soma Restaurant Group, Inc.

In the Matter of Application Serial No. 85/832,006  
Mark: LADY & THE SAJ  
Application Filed: January 24, 20143

---

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

---

Saj, Inc.

Opposer,

v.

Soma Restaurant Group, Inc.

Respondent/Applicant

Opposition No. 91214220

**ANSWER TO NOTICE OF OPPOSITION  
AND COUNTERCLAIM**

Soma Restaurant Group, a California corporation with a business address of 246 Second Street, Suite B San Francisco, California 94105 (“Soma” or “Applicant”), states and alleges as follows in response to Saj, Inc. (“Opposer”) in the above entitled action.

ANSWER TO NOTICE OF OPPOSITION

1. Soma lacks sufficient knowledge and information to form a belief as to the truth or falsity of the allegations in Paragraph 1 of the Notice of Opposition and on that basis denies them.
2. Soma lacks sufficient knowledge and information to form a belief as to the truth or falsity of the allegations in Paragraph 2 of the Notice of Opposition and on that basis denies them.

3. Soma admits that Registration No. 3,782,634 issued on April 27, 2010, that it covers “breads and dipping sauces” in Class 30 and “restaurant services” in Class 43, and claims a first use date of August 25, 2009. Soma lacks sufficient knowledge and information to form a belief as to the truth or falsity of the remaining allegations in Paragraph 3 of the Notice of Opposition and on that basis denies them.
4. Soma lacks sufficient knowledge and information to form a belief as to the truth or falsity of the allegations in Paragraph 4 of the Notice of Opposition and on that basis denies them.
5. Soma lacks sufficient knowledge and information to form a belief as to the truth or falsity of the allegations in Paragraph 5 of the Notice of Opposition and on that basis denies them.
6. Admitted.
7. Soma admits it is the listed owner of Application No. 85/832,006, denies that the mark covered by the application is LADY AND THE SAJ, admits that the application covers “Staple foods, namely, bread, pita bread, sauces, and marinades” in Class 30 and “restaurant services” in Class 43, and admits that it filed this application based upon an intent to use the mark.
8. Soma repeats its responses to each and every allegation set forth in Paragraphs 1 through 7 of the Notice of Opposition.
9. Soma lacks sufficient knowledge and information to form a belief as to the truth or falsity of the allegations in Paragraph 9 of the Notice of Opposition and on that basis denies them.

10. Soma denies the allegations in Paragraph 10 of the Notice of Opposition.
11. Soma denies the allegations in Paragraph 11 of the Notice of Opposition.
12. Soma lacks sufficient knowledge and information to form a belief as to the truth or falsity of the allegations in Paragraph 12 of the Notice of Opposition and on that basis denies them.
13. Soma denies the allegations in Paragraph 13 of the Notice of Opposition.

#### AFFIRMATIVE DEFENSES

1. United States Trademark Registration No. 3,782,634 for the mark SAJ is invalid and void because the term “SAJ” is descriptive or generic for the goods and services for which it is registered and lacks secondary meaning.
2. Upon information and belief, the SAJ registration is invalid and void because Opposer has only used the mark SAJ MEDITERRANEAN GRILL and does not use the mark as registered.
3. There is no likelihood of confusion between any of Opposer’s marks and any of Soma’s marks. Likelihood of confusion is avoided by, *inter alia*, the differences in appearance, sound, and connotation of Applicant’s Mark and Opposer’s Mark.
4. Opposer’s attempt to claim exclusive rights in a descriptive term and then use the resulting improperly attained registration to suppress the use of a dissimilar non-confusing third-party mark constitutes trademark misuse.
5. Opposer fails to state a claim upon which relief may be granted.
6. Opposer’s claims are barred by the doctrine of unclean hands or other applicable equitable principles.

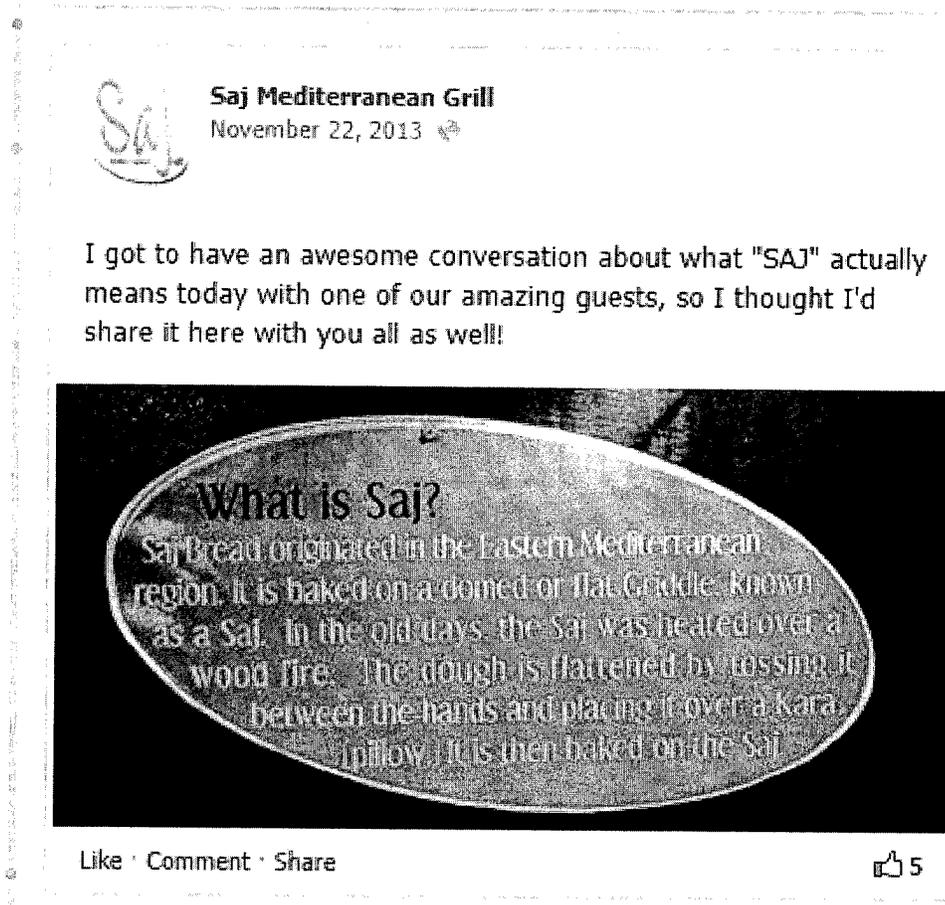
## COUNTERCLAIM

1. To the best of Applicant's knowledge, the name and address of the current owner of Registration No. 3,782,634 for the mark SAJ is Saj, Inc. 6955 South York Street Centennial, Colorado 80122.
2. Applicant, Soma, hereby petitions to cancel Registration No. 3,782,634 on the grounds that the term "Saj" is merely descriptive under Trademark Act section 2(e)(1), if not generic, and registration of this mark was, therefore, improper.
3. Applicant asserts this counterclaim in accordance with 37 C.F.R. 2.106(b)(2) and 37 C.F.R. 2.114(b)(2) of the Trademark Rules.
4. The term "SAJ" is the generic term for, or at best merely describes, a particular type of Mediterranean bread.
5. The PTO recognize the term "Saj" as a descriptive term and required that it be disclaimed from Soma's two applications for LADY & THE SAJ (85820661 and 85832006). In an Office Action dated April 24, 2013 against Application No. 85820661, the PTO wrote:

Applicant must disclaim the descriptive wording "Saj" apart from the mark as shown because it merely describes an ingredient, quality, characteristic, function, feature, purpose, or use of applicant's goods. . .

It then attached evidence showing that the term refers to a type of bread. Copies of the Examining Attorney's evidence are attached as Exhibit 1. Attached as Exhibit 2 is additional evidence of the descriptive meaning of the word "Saj."

6. More significantly, Opposer itself has acknowledged the fact that the term “Saj” identifies a particular type of bread. Opposer posted the following message on its Facebook page on November 22, 2013.



7. Because Opposer has opposed Applicant’s mark based on the SAJ mark shown in the invalid Registration No. 3,782,634, Soma will be damaged by the continued registration of this invalid and void registration.

WHEREFORE, Applicant respectfully requests that the opposition be dismissed with prejudice, and that Applicant's counterclaim be sustained and Opposer's U.S. Trademark Registration No. 3,782,634 for the mark SAJ be cancelled.

Respectfully submitted,

DERGOSITS & NOAH, LLP.

Dated: January 31, 2014

By:



Michael Dergosits, Esq.  
Barbara L. Friedman, Esq.  
Three Embarcadero Center, Suite 410  
San Francisco, CA 94111

Attorneys for Applicant  
Soma Restaurant Group, Inc.

---

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

---

Saj, Inc.

Opposer,

v.

Soma Restaurant Group, Inc.

Respondent/Applicant

Opposition No. 91214220  
**ANSWER TO NOTICE OF OPPOSITION  
AND COUNTERCLAIM**

CERTIFICATE OF SERVICE

I hereby certify that the foregoing ANSWER TO NOTICE OF OPPOSITION AND COUNTERCLAIM was mailed on January 31, 2014 by first class mail, postage prepaid, in an envelope addressed to Applicant's counsel as follows:

Ellen Reilly  
The Reilly Intellectual Property Law Firm, PC  
1325 East 16<sup>th</sup> Avenue  
Denver, CO 80218

  
\_\_\_\_\_  
Sandra Hunter

**EXHIBIT 1**

[Home](#)  
[About Us](#)  
[Background](#)  
[Palestine Disrupt: 1948](#)  
[Inside Gaza](#)  
[Gaza Strip Profiles](#)  
[Palestine Profiles](#)  
[Arab Profiles](#)  
[International Profiles](#)  
[Resources](#)  
[Links](#)  
[Blog](#)

**Donate**

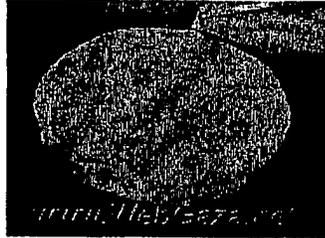
  
 Karama  
 Recipes

**Palestine Recipes**

- [Chickens Entah](#)
- [Eintaned](#)
- [Buroos/Bu Taherpi](#)
- [Masfeh](#)
- [Mafah/Wagon Recipe](#)
- [Malfouf \(Stuffed Cabbage\)](#)
- [Mafayehon Upside Down](#)
- [Mafah Saling](#)
- [Mafafan](#)
- [Mafafes](#)
- [Mafafou](#)
- [Mafafah](#)
- [Qatweef](#)
- [Saj Bread](#)
- [Kneche \(Meat Bread\)](#)
- [Shuruf \(Meat/Alwayh Bread\)](#)

## Saj Bread

Our People's Recipes



[Home](#) > [Palestine](#) > [Recipes](#) > [Saj Bread](#)

### Saj Bread

*It is a flat round bread baked on an upside down iron wok hot surface. This is an easy recipe for Saj bread:*

#### Ingredients

- 2 teaspoons active dry yeast
- 1 tablespoon sugar
- 1 1/4 cups warm water (about 110 to 116°)
- 3 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- Oil for coating the dough

#### Saj Bread Preparation

- Put yeast in 1/4 cup of the water, add sugar and let stand for 10 minutes.
- Sift 2 1/2 cups of flour and the salt into a warm bowl. Form a well in the center. Pour in yeast mixture and remaining warm water.

**The Secret to Lose Weight Fast & Healthy**

It's Losing Weight a Big Challenge!  
 100 Best Ways to Cook Vegetables  
 100 Ways to Reduce Unlucky Fat Calories  
 100 Ways to Stay Healthy with Absorbents  
 100 Ways to Stay Healthy with Absorbents  
 100 Ways to Stay Healthy with Absorbents  
 100 Ways to Stay Healthy with Absorbents

**Sign Up Below**  
 to Get Instant Access

Name:

Email:

**We respect your email privacy**

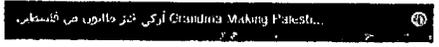


- center, pour in yeast mixture and remaining warm water.
- Begin to mix with hand, wooden spoon, or dough hook, adding remaining flour as needed. Turn out onto a floured surface and knead for about 10 minutes, until smooth and no longer sticky.
  - Oil a large bowl; place dough in bowl and turn to coat with oil. Cover with a damp cloth and put in a warm place free of drafts for 1 1/2 to 2 hours.
  - Dough should be doubled in bulk.
  - Knead for a few minutes then divide into balls about 2 1/2 inches in diameter. Roll balls into circles on a lightly floured surface with floured rolling pin, or flatten into circles with hand.
  - Flip the flattened dough on a curved hot surface (similar to an upside down wok). Bake for less than a minute on one side and then flip to cook the other side.
  - Sometimes you only cook on one side, depends on your preference. Pile your bread sheets and cover to keep soft and warm or serve immediately.
  - You may use these sheets of bread as a wrap for anything you like such as cheese, meats or veggies.

Source: <http://minkcooks.com/2007/12/saj-bread-recipe-and-pts-bread-machine.html>



Grandma Making Palestinian "Taboon" bread



maple updated by Email:

Name

Email

انقطعنا عن الوطن... فزرعنا الوطن فينا

We Were Torn From Our  
Homeland... However,  
We Planted Our  
Homeland In Us...



Do you know something we don't?  
[Contact Us](#)

This page is forcing your browser to use legacy mode, which is not compatible with Disqus. Please see our [troubleshooting guide](#) to get more information about this error



Comments powered by Disqus

Remember this Website?

1. Link to this page (copy/paste into your own website or blog):

```
<a href="http://www.webgaza.net/palestine/recipes/Saj_Bread.htm">Saj Bread</a> at WebGaza.net
```

2. [Add to Favorites](#)

Thank you for supporting WebGaza!

### Our People's Recipes



North Gaza - Gaza - Rafah - Khan Younis - Rafah  
 © 2006 WebGaza.net: Informational Resources about Gaza Strip and Palestine.  
[Terms of Use](#) : [Privacy Policy](#) : [Fair Use Notice](#)

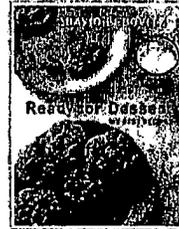
Saj Bread

How to Cook a Fatafel in Lebanon

SHARE THIS

## Saj, Flatbreads and Lebanese Pastries

68 comments - 04.13.2013



amazon.com

BUY FROM BARNES&NOBLE



amazon.com

BUY FROM BARNES&NOBLE



### SUBSCRIBE

Don't miss a post! Enter your email address to receive blog updates delivered to your inbox...

Go

Subscribe to my monthly newsletter, featuring bonus recipes, the latest news, plus Paris tips & stories...

Go

BlogHer Read Network

### ESTÉE LAUDER

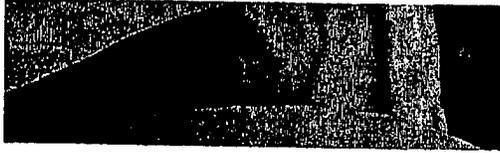


★★★★★

Beyond Paradise

Eau de Parfum Spray

\$60



Since a number of people have been asking, whenever I ask the bakers who are making flatbreads in Lebanon, specifically what their formula is for their breads they are rolling out (or tossing), I'll get the same, vague response: "Flour and water...oh, and a little olive oil." And that's it, as they continue with their busywork.



While I suspect if I pressed them further, they might admit "Okay, and some yeast or leavening, and perhaps a pinch of salt." But more than any recipe or baker's formula, the most important ingredient that goes in to all the marvelous flatbreads I'm discovering in Lebanon: technique.



#### TWITTER UPDATES

"Crème caramel at Bistro Paul Get #parts Instagram.com/p/YgCIBTRu/" 4 hours ago

"[new blog post] Orange Syrup Cake with Candied Oranges bit.ly/2OGZwQ" 9 hours ago

"That's kind of an interesting parking job #parts Instagram.com/p/Y7fDCyTtW/" 10 hours ago



Recipes | [Cookie Policy](#)

By Ad...uses

#### More from Baking

- Strawberry cream cheese kolaches
- Auntie Reggie's Minestrone
- Caribbean orange-epiced carrots recipe
- Cook Global Cuisines with RiceSelect for a Chance to Win \$100!

#### Paris Pastry



Discover 308 of my favorite pastry, ice cream and chocolate shops in Paris!

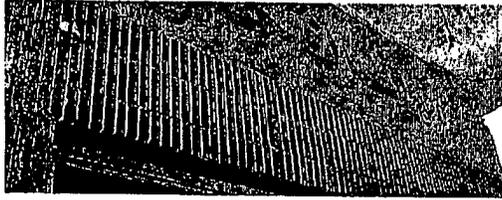


#### RECENT COMMENTS

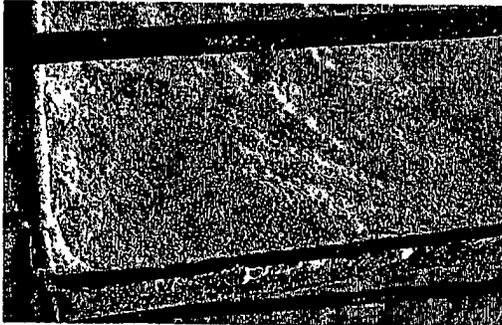
- Cherryfoss said: I've never tried Middle Eastern pastries....
- June2 said: Their desserts were so ancient and foreign but I...
- Sylvia said: My husband's family is Greek and his mom makes...
- Joao said: Growing up in Indonesia, I'm used to seeing...
- Slice of Mid-Life said: I've thoroughly enjoyed being s...



By amazon.com



These bakers at Heloul, en route to the runs at Ba'albeck in Chzaura, are making Saj, supple breads cooked on a domed griddle, which by no coincidence, is called a saj, too. The bakers start with a soft dough made with what they told me was "brown" flour.

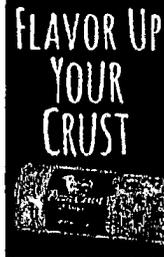


Wanting to know more, when they weren't looking, I ran my hands through the flour, which felt like toasted white flour and I think their mix was a combination of whole wheat and toasted flour. However they were quite nice and I don't think they would have minded if they did see me doing that.

(But I think the butcher shop that had a pile of meat spread out right on their floor, that I saw later that day in a souk, was probably irked that we were staring at them. Fortunately I was with my friend Bethany, who knew the souk, and got the meat for our pastries from the right butcher shop. And I lived to tell about it.)



Mercedes said: For a fancy dinner the progression is fruits, then...



### RECENT ENTRIES

- Al Boleah: Middle Eastern Pastries
- The 13 Year Old Lishan Lebanese Fleze Saj, Flatbreads and Lebanese Pastries
- How to Eat a Fatafel in Lebanon
- Another Lebanese Breakfast: Lund Two Lunches
- Lebanese Breakfast: Homemade Onion Rings, Champignons, Relish, and Yaoum Clouquet
- The best 3 euros I've spent in Paris

### CATEGORIES

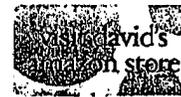
- Baking Tips
- Books and Cookbook Reviews
- Candy and Desserts
- Celebrity Chef Interviews
- Chocolate
  - Global
  - Paris and France
- David's Favorite Posts
- Dining & Travel
  - Australia
  - Europe
  - France
  - Italy
  - Middle East
  - New York City
  - San Francisco
  - USA
- Disclosure Statement
- Hosted Travel & Events
- Ice Cream
  - Ice Cream Making FAQs
- My Food Photography Gear
- Paris
  - Cheese
  - Chocolate & Pastry Shops
  - Food Markets
  - Parisian Culture
  - Restaurants
  - Travel Tips
  - Wine Bars
- Recipes
  - Cakes



But you can never go wrong eating good ol' bread, and the making of Lebanese fatbread is all about tossing, and turning, lifting and tilting. It was pretty amazing to be surrounded by a roomful of guys all pulling off hunks of dough, widening them with their fingers, then tossing and twirling each one round and round, until they were big enough to be stretched over tufted pillows, then flipped onto the saj.



- Leaves
- Candies
- Cocktails
- Cookies, Buns & Breads
- Custards
- Drinks
- Extras
- Fruit Desserts
- Ice Creams and Sorbets
- Jams, Jellies & Preserves
- Savory Dishes
- Soups
- Spreads, Dips & Dressings
- Tarts
- Uncategorized
- Videos
- Whining
- Wine-ing



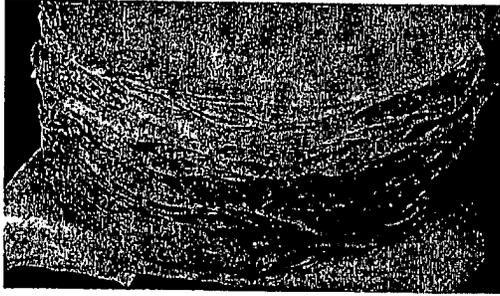
#### MONTHLY ARCHIVES

Select Month ▾



Each saj bread is about the size of a round pillowcase, and so thin that you could almost see right through it. A few fellows has an occasional rip or tear, but we decided the champ was the guy working in the coveted window spot, whose breads were lighter, rounder, and more perfect than any of the other guys working around him. And it's nice to see excellent rewarded, even in a small, roadside bakery. (The butcher shop, however, deserves a slap on the wrist...and a visit from the health inspector.)



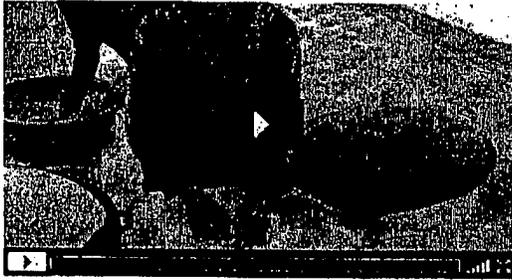


As the guys lifted the breads off the domed griddles, they were stacked up high, then folded into bags, waiting to be picked up for customers pulling up in their battered cars – an inevitable state if you have the nerve to drive in Lebanon – for their daily bread.



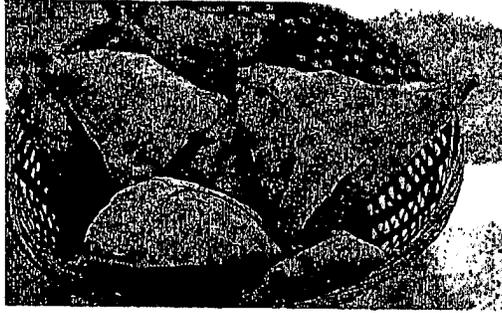
But lest you think this is man's work, a few hours later when visiting Clos St. Hubert for dinner and a tasting of some terrific Lebanese wines, a woman from the local village was there, twirling away. And she could easily show those fellows that she's still got it .





Speaking of women, a few days before, we made a morning stop at Furn Al Sabays, a bakery in Amchit run by three sisters. While a number of women are at home, cooking only for their husbands and families, Lorenza, Martha, and Lucie are baking up traditional Lebanese pastries, sweet and savory.





First up, which was definitely in the category of "Don't try this at home unless you live in a small village in the hills of rural Lebanon", were triangles of whole wheat dough, pinched together, surrounding a warm mound of cooked wild herbs, called *Fatayer*.



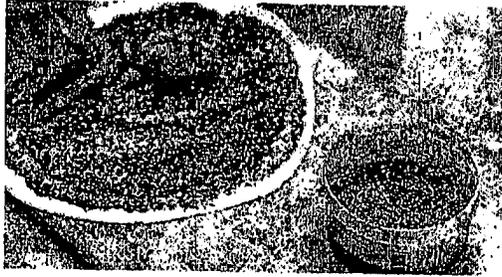


While watching the women work, a neighbor came in with her own container of za'atar, which many people in Lebanon blend - and grow - on their own since they like their own balance of herbs, sesame, and sumac.



One thing you learn about the Middle East, if you travel and eat, is that everyone will insist that their way of doing or cooking something is better than the way others do it. But I didn't see that with za'atar, which is a national obsession in Lebanon, as people seem accepting of variations. However my comprehension of Arabic is nil, so perhaps I wasn't privy to any spirited conversations that were going on around me about it.





At the bakery, bread doughs were quickly rolled out, the za'atar was mixed with local olive oil, then spread over the dough and baked until firm and chewy. Then handed back to the customer, who'd leave with their container of za'atar and a couple of warm flatbreads wrapped in paper.



**EXHIBIT 2**

### Video: How to make saj bread

Home » Food & Wine » Cooking Videos  
By Illustrations on Wed, 30 Jan 2013  
Cooking Videos | ODTV video | bread recipes | Flavours of Home



Alife Harris, from Lebanon, shows how to make saj bread, a Lebanese mountain bread.

Alife Harris came to Dunedin more than 20 years ago with her husband Bill, who teaches at the University of Otago. In those days it was difficult to find the things she needed to make Lebanese food, but now ingredients such as burgul, sumac and olive oil are readily available. She teaches cooking classes at Logan Park High School and has a stall at the Otago Farmers Market.

**NOW OPEN ON GEORGE STREET**  
**DON'T WAIT IN LINE**

Here are just some of our pites:

Chicken	Chicken Breast
Chicken	BLT
Chicken	Roast Beef
Roast Lamb	Black Pepper
Steak	Tuna

**Pita Pit**  
1155 THE BAYVIEW CENTRE  
[www.pitapit.com](http://www.pitapit.com)

Internet Explorer | www.youtube.com | Saj bread - خبز المصاج

YouTube | Upload | barbara medman

خبز المصاج  
مصنوع  
Saj Bread

Saj bread- خبز المصاج

Mimi Cooks 160 videos  
Subscribe 3.3K

672,621

127 06

About Share Add to Watch later

white خبز المصاج العربي بدون استهلاك الفرن  
pita bread  
By Marthana's way  
7:24 · 1.1K views  
FEATURED

Arabic Rugah Bread خبز راق  
By OstaricNet  
1:48 · 1.1K views

خبز المصاج من نسام الاموي  
By Isfakatoruns  
02:27 · 1.1K views

شوربة على الطريقة التركية  
By Bos Wto  
1:29 · 1.1K views

طريقة عمل خبز الحنظل من اليمن - الشيفر العربي  
By SROGA Yemeni Food  
5:56 · 1.1K views

عجة البطاطا بالصلصة  
Potato Kubbeh  
By najatbichon  
1:18 · 1.1K views

خبز النان - الفوزة - خوربة المطبخ  
By Mohab Hussain  
7:05 · 1.1K views

Unloaded on Dec 24, 2013  
Scripts Partially Allowed, 3/5 (google.com, youtube.com, ytmng.com) | <SCRIPT>: 44 | <OBJECT>: 0

Options

1:06 PM  
1/2/2014

File Edit View History Bookmarks Tools Help  
Minnow (142) - ... Google Calendar ... USPTO Any: Fee ... LIPTON INDUSTRIES ... Home and Rates ... Norelphimag Bili ... Trademark.com ... Know Yourself.com ... Saj bread- خبز

www.youtube.com/watch?v=...  
Most Visited Getting Started Add To Investigations Facebook Trademark

YouTube Upload Barbara Friedman

Saj bread is a type of thin flatbread common in the Middle East. It is baked on a griddle or can be made on aiddle, known as saj.

طريقة عمل الخبز الأبيض بدون الخمير  
pita bread  
by Starbuck Daily 11:05  
1,144 VIEWS  
FEATURED

خبز رطل  
Arabic Rugag Bread  
by GreenChef 10:00  
1,477 VIEWS

خبز الصاج من الشام الاثري  
by Fatmattor ayub 10:00  
1,023 VIEWS

طريقة عمل الخبز العربي  
by Bas Wto 10:00  
1,750 VIEWS

طريقة عمل خبز الصفا من اليمن - الخبز العربي  
by Sreya Yemeni Food 10:00  
1,748 VIEWS

خبز الصاج  
Saj bread- خبز الصاج  
Mimi Cooke 100 videos 672,621 views  
Subscribe 8,338

About Share Add to Like

Unmarked on Dec 25, 2007  
Scripts Partilly Allowed, 3/5 (google.com, youtube.com, ytmfg.com) | <SCRIPT>: 44 | <OBJECT>: 0

Options

1/25/2014

# How to Make saj bread

Posted By Mimi Cooks 3 years ago

[Follow](#)



Saj bread is a flat round bread baked on an upside down iron wok hot surface. It is baked on a domed or convex metal griddle, known as saj. This is an easy recipe to make it.



## Popular Now



[Brighten Up Your Party with These Cool Glow-in-the-Dark Cocktails](#)

[How to Make a Self-Freezing Coca-Cola Slushy \(Or Any Kind of Instant Soda Sturpee\)](#)

## Related



[How to Make Saj bread AKA Markouk](#)



[How to Bake different breads](#)



[How to Make homemade bread crumbs](#)

**For a better experience on Facebook, enable JavaScript in your browser, or switch**

**Sign Up**

Email or Phone

Keep me logged in



**Saj & Grill** · 266 like this  
July 31, 2012 at 12:26am ·

Facebook © 2  
English (US) ·  
More

Traditional Saj bread has been made in Lebanon for over five thousand years, cooked on top of a clay, dome shaped oven. The flat Saj bread is served with your choice of delicious fillings. Saj bread complements all toppings; allowing you to enjoy the full flavour of what's inside whilst enhancing the overall experience with a texture unique only to Saj bread.

At Saj & Grill, our Saj bread is still made in the traditional way by flattening the dough by hand, then cooking it on top of an authentic Saj oven. Adding an assortment of ingredients to match your tastes, Saj bread is a healthy way to enjoy the flavours of Lebanon. The Saj method and recipe has been handed down to us through generations of careful cooks, allowing us to create a bread like no other.

Our menu also features a variety of middle eastern cuisine to suit all tastes. As well as Saj, we serve a large assortment of homemade, savoury, traditional Lebanese food, tapas and delicious Lebanese sweets.

Like · Comment

[Product Search](#)

Shopping cart is empty.

[About Us](#) [Blog](#) [View Recipes](#) [Find a Store](#) [Contact](#) [Help & FAQ](#) [Login](#)[Gourmet Food](#)[Roasted Nuts](#)[Coffee](#)[Spices & Herbs](#)[Baklava & Sweets](#)[Candies & Sweets](#)[Gift Cards](#)You Are Here : [Home](#) : [blog](#)

## All About Markouk Saj Bread

Posted by Wessam Hashem on Saturday, December 29, 2012

Markouk saj bread is a traditional Middle Eastern bread, which is cooked on a kind of convex metal griddle called a 'saj'. It is also commonly called just markouk or markook.

Markouk is similar to pita bread, which is another very popular type of Arabic bread. It is thin, almost translucent and usually quite large, with a diameter of about 2 feet. It can be eaten alone or used as a wrap for meats, cooked or raw vegetables.

Dry yeast is the rising agent that is used when making this bread. Warm water is used to activate the yeast and the rising process is given a little boost with olive oil, which also gives it a distinctive flavor.

### History of Markouk Saj Bread

There are no records to show where exactly this bread originated from, but is thought to be of Levantine origin. Historians who have attempted to trace its source have discovered several references that show that the Levantines have eaten this bread for centuries.

However, because of its very rigorous baking requirements fewer and fewer people are opting to make it at home.

### Markouk Bread Recipe

#### Ingredients & Preparation Process

- 3 1/2 cups all-purpose flour
- 2 teaspoons active dry yeast
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 1/4 cups warm water
- Oil for coating the dough

Put 1/4 cup water in a bowl, add yeast and sugar and let it stand for about ten minutes.

In another bowl, mix flour and salt. Make a well in the center of the flour mixture and pour in the remaining water and the yeast mixture.

Knead the dough using a dough hook or by hand. Add more flour or water as needed.

Remove the dough from the bowl and knead on a flat surface till it becomes smooth and is not sticky any more. Line another bowl with a thin layer of olive oil.

Place the kneaded dough into this lined bowl. Place a damp cloth over the bowl and leave in a warm place for about two hours. After two hours, the dough will have risen to twice its initial quantity and is ready to be kneaded again.

Knead the dough lightly for a few minutes. After kneading, divide it into small pieces and roll these pieces into smooth balls. These balls then have to be flattened, which can be done either by hand or with a floured rolling pin.

Cook the flattened dough on a large, non-stick griddle pan. Traditionally the pieces would have been cooked on a saj. Saj bread cooks very quickly and just needs to be kept on the fire for just a few minutes only.

The resultant markouk saj bread will be very thin with minimum depth but it does have a pocket between the two thin layers. These can be stuffed with the filling of your choice.

### Recent Posts

[Fool Muddamas: Breakfast Never Tasted So Good](#)[Interesting Facts About Jordan Almonds](#)[All About Markouk Saj Bread](#)[Zamzam Holy Water: Origin, History & Interesting Facts](#)[All About Pita Bread](#)[Maamoul Recipe](#)[Lose Weight The Healthy Way With 3 Ballerina Extra Strength Dieter's Tea](#)[Cashew Nuts: Delicately Flavored, Delicious And Versatile](#)[History of Turkish Coffee](#)[Interesting Facts About Mastic](#)

### Blog Tags

[Informational \(16\)](#)[News \(5\)](#)

### Archives

### Site Links

- [Home](#)
- [About Us](#)
- [Customer Testimonials](#)
- [Blogs & News](#)
- [Help & FAQ](#)
- [View Recipes](#)
- [Contact Us](#)
- [Affiliate Program](#)

### Social Networking

Connect with us on your favorite social network. If you love Hashems then please take a few minutes to rate us on Yelp. Thanks!

### Newsletter,

Sign up for our Newsletter and get special offers and updates for new products!

*Full Name*

*Email Address*

Enter Word Verification in box below



Subscribe »

### Contact

**Hashems  
Nuts & Coffee Gallery**  
13041 W. Warren Ave  
Dearborn, MI 48126  
[View Map](#)

Phone: (313) 581-3212  
Fax: (313) 582-2577  
Email: [info@hashems.com](mailto:info@hashems.com)

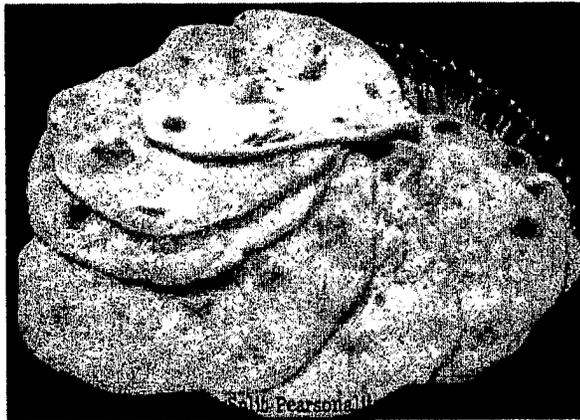
Hashems Nuts and Coffee Gallery is a Middle Eastern Foods company. Our main offerings include: Turkish Coffee, Roasted Nuts, Middle Eastern Spices, Baklava, Fresh Baked Pita Bread and many other traditional specialty foods.

# Split Personality Recipe Collection

Delving into my domesticated side. Recipes tried, tested and true.

Wednesday, February 24, 2010

## Middle Eastern Saj Bread (Lebanese Markouk)



Yeast and I are not good friends. I'll put it right out there. No mollicoddling the issue. Or trying to hide it. We have a duel thing going. So far, yeast has won. By not working.

I own a lot of bread baking bibles. I try to bake bread. I fail. I drool and cry over other peoples spectacular successes in the oven. For me, I think my oven is in cohorts with the yeast, and they are secretly planning a massive coup against me. Speaking of which, my washing machine has been acting up too.

But I may have thwarted my kitchen extremists rise with this simple, homely bread. Saj is a leavened bread that is made throughout the Middle East (Lebanon's version is called Markouk). It is a simple mix of white flour and yeast, and after rising, it is rolled out paper thin and is cooked on a special heated domed surface, called....\*you got it\* ...a "saj".

It seems to be Pita Bread's thinner and more modest cousin, the one who decided to stay home and help with the farm work and do all the chores, whilst Pita, with her thicker frame and come-hither pouches, crossed paths with that good-for-nothing ruffian Mayonnaise and started living it up and partying like a rock star in Europe and the USA. Stop me people! Before this becomes the Mills & Boons of Breads.

This bread is simple to put together, give or take the 60-75 minute rise time. It reminded me of a lot of Indian flat breads, but the yeast and the "doughiness" does stand out as different from what I am used to. I love the pillowy softness of the bread, and it is great for sopping up a saucy curry or used as a wrap.

### Saj Bread (*Completely and unabashedly sourced from mimicooks.com*)

- 2 teaspoons active dry yeast
- 1 tablespoon sugar
- 1 1/4 cups warm water
- 3 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- Oil for coating the dough

### About Me



[View my complete profile](#)

### Don't Miss a Post!

 [Subscribe in a reader](#)

### Subscribe By Email

[Subscribe to Split Pear-sonality.... by Email](#)

### Visit My Delusional Empire

- [Controlled Chaos - Project 365 2011](#)

### Search This Blog

Loading...

### Blog Archive

- 2011 (3)
- ▼ 2010 (52)
  - December (2)
  - November (3)
  - October (4)
  - September (6)
  - August (1)
  - June (1)
  - May (6)
  - April (5)
  - March (6)
  - ▼ February (8)
    - [Mouhalabieh \(Milk Pudding\) With Balsamic Strawberr...](#)
    - [Middle Eastern Saj Bread \(Lebanese Markouk\)](#)
    - [Lamb Kabouli - Cuisine of Oman](#)
    - [ICC - Khachori - Fried Bread Stuffed with Onion](#)
    - [Curried Couscous - A Repost](#)
    - [Ginger-Lime Salmon Rice Bowl](#)
    - [Spicy Cauliflower Bake - Cheese Vali Gobi](#)
    - [This Book Makes Me Cook -](#)

1. Put yeast in 1/4 cup of the water; add sugar and let stand for 10 minutes.
2. Sift 2 1/2 cups of flour and the salt into a warm bowl. Form a well in the center; pour in yeast mixture and remaining warm water.
3. Begin to mix with hand, wooden spoon, or dough hook, adding remaining flour or more warm water as needed. Turn out onto a floured surface and knead for about 10 minutes, until smooth and no longer sticky.
4. Oil a large bowl; place dough in bowl and turn to coat with oil. Cover with a damp cloth and put in a warm place free of drafts for 1 1/2 to 2 hours. Dough should be doubled.
5. Knead for a few minutes then divide into balls about 2 1/2 inches in diameter.
6. Roll balls into circles on a lightly floured surface with floured rolling pin, or flatten into circles with hand.
7. Cook the flattened dough on a hot surface (I used a flat non-stick griddle pan). Cook for less than a minute on one side and then flip to cook the other side.
8. Pile the bread sheets as they are made and cover to keep soft and warm or serve immediately.

#### *Saj Bread and Curry - Middle East meets Further East*



*I am sending this in to Joanne who Eats Well With Others' Regional Recipes Event - Middle Eastern Food and to Yeastspotting as well!*

Posted by Ann

Labels: Breads/Pizzas/Sandwiches, Middle East

### 8 comments:



**Joanne said...**

Thanks so much for the submission! This bread looks delicious.

This post had me in stitches! It was SO funny.

I used to have such issues with yeast as well...it's taken practice but I am finally starting to feel comfortable with it.

February 25, 2010 at 6:27 AM



**Asha said...**

Haha! Funny post, made me smile this morning. Yeah, nothing worse than a flat bread which doesn't rise properly and smells like yeast! :D

Your's is a success, looks soft and easy enough. We do get Middle eastern bread like this here, looks like softer round Naans and of course, Pita bread sliced too. My kids love stuffing Butter chicken inside and eat! :)

Easy recipe, should try.

February 25, 2010 at 6:54 AM



**Rachel said...**

Oh i have those days with my oven and more so with yeast. Great read your post made.

February 25, 2010 at 9:56 AM

Climbing The Mango Trees...

► January (10)

► 2009 (49)

► 2008 (1)

#### Categories

- Africa (3)
- Argentina (1)
- Armenian (1)
- Asia (1)
- Asian (4)
- Award (2)
- Beef and Lamb (7)
- Books That Make Us Cook (12)
- Breads/Pizzas/Sandwiches (14)
- Breakfast and Brunch (1)
- British (1)
- Cakes/Cookies and More Sweets (30)
- Cheese (1)
- Chef Mai Pham (1)
- Chef Marcus Samuelsson (3)
- Condiments (3)
- Cookbook Review (2)
- Copycat Recipe (2)
- Curry (3)
- During Bakers (4)
- Drinks (3)
- Ecuador (1)
- Eggs (2)
- Fish (5)
- French (1)
- Frozen Desserts (1)
- Giveaway (1)
- How To... (4)
- Ina Garten (9)
- Indian Cooking Challenge (4)
- Indian Delicacies (15)
- Indonesian (1)
- Ireland (1)
- Japan (2)
- Jordan (1)
- Julia Childs (1)
- Lebanon (2)
- Me (17)
- Mediterranean (1)
- Menus (2)
- Middle East (5)
- Morocco (1)
- Oman (1)
- Pasta (2)
- Pies and Fruit Desserts (3)
- Potatoes/Grains/Beans (15)
- Poultry (12)
- Pumpkin Carving (2)
- Repost (1)
- Salads (4)
- Soups (3)
- Starters (2)
- Substitutions (1)

**Simran said...**

Yeast used to hate me too, but we've made peace now.

I love your mills & boons stories. Keep them coming :)

February 25, 2010 at 12:33 PM

**Ann said...**

I am taking Yeast DOWN - be warned ;-)  
Thanks for stopping by folks!

February 25, 2010 at 9:25 PM

**Chef Aimee said...**

You will win the yeast battle...I know it! ;) This looks great.

February 26, 2010 at 6:39 PM

**Mom said...**

Thanks for referring to my post and site on your blog, i really appreciate the links back that come and visit my blog from yours :) have a great weekend!

March 5, 2010 at 8:56 AM

**Mimi said...**

Toss out the yeast and go get a sourdough pet. Through love and regular feeding, it will be your loyal companion.

Nice looking food, you're making me hungry!!

March 5, 2010 at 6:27 PM

[Post a Comment](#)

[Newer Post](#)

[Home](#)

[Older Post](#)

[Subscribe to: Post Comments \(Atom\)](#)

- [Sweet Punch Bakers \(3\)](#)
- [Thai \(1\)](#)
- [Vegetables \(11\)](#)
- [Walima Middle Eastern Challenge \(4\)](#)

**Popular Posts**



[Koesisters - Cape Malay "Doughnuts"](#)



[Julia Child's Boeuf Bourguignon](#)

[Middle Eastern Saj Bread \(Lebanese Markouk\)](#)

[How to Make Clotted Cream - Ashita/Qashta](#)



[El Submarino - How to Make Hot Chocolate the Argentinian Way](#)

**Food on Flickr**

[www.flickr.com](#)



[Split Personality's Food photoset](#)

**Kreativ Blogger Award!**



Thank you Sheetal Kiran!

**Awards**



Thank You Sheba!

[LinkWithin](#)

**Blog Archive**

- ▶ 2011 (3)
- ▼ 2010 (52)
  - ▶ December (2)
  - ▶ November (3)
  - ▶ October (4)
  - ▶ September (6)
  - ▶ August (1)
  - ▶ June (1)
  - ▶ May (6)
  - ▶ April (5)
  - ▶ March (6)
  - ▼ February (8)
    - Mouhalabieh (Milk Pudding)  
With Balsamic Strawberr...
    - Middle Eastern Saj Bread  
(Lebanese Markouk)
    - Lamb Kabouli - Cuisine of  
Oman
    - ICC - Khachori - Fried Bread  
Stuffed with Onion
    - Curried Couscous - A Repost
    - Ginger-Lime Salmon Rice Bowl
    - Spicy Cauliflower Bake - Cheese  
Vali Gobi
    - This Book Makes Me Cook -  
Climbing The Mango Trees...
- ▶ January (10)
- ▶ 2009 (49)
- ▶ 2008 (1)

**Foodie Blogroll**

**Do You Dare?**



Daring Bakers

**Indian Cooking Challenge**



FEEDJIT Live Traffic Feed

Feedjit Live Blog Stats

Followers

Please Ask first - Be Nice!



Site Meter

Simple template. Powered by Blogger.

▼

Sign in with Facebook Sign in Register Now! FREE Mobile App USD

Search for a city, hotel, etc.

Search

Saj bread making - Picture of Beirut, Lebanon

Home Beirut Hotels Flights Vacation Rentals Restaurants Things to Do Best of 2013 Trending Now More Write a Review



**HILTON**  
SAVE UP TO **33%**

Home > Middle East > Lebanon > Beirut > Beirut Pictures

# Beirut Photo: Saj bread making

Filter photos by All (2378)



Rate:

Report as Inappropriate

Saj bread making (Sarka B, Apr 2013)  
Unforgettable experience



247-252 of 2,378

## Hotels travelers are raving about...



**Crowne Plaza Hotel Beirut**  
239 Reviews  
Beirut, Lebanon

Read reviews



**Raouche Arjaan by Rotana**  
162 Reviews  
Beirut, Lebanon

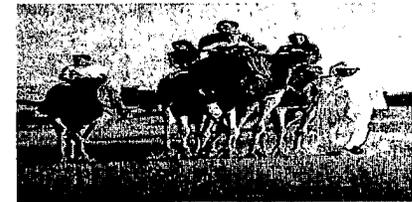
Read reviews



**Phoenicia Hotel**  
252 Reviews  
Beirut, Lebanon

Read reviews

All hotels in Beirut (109)



*And you think you've seen it all?*

Learn more on TripAdvisor 

## Explore the world!

TripAdvisor has reviews and information on over 400,000 locations, including:

### Travel Destinations

- Jacksonville hotels
- Daytona Beach hotels
- Flagstaff hotels
- Polpu hotels
- Chicago
- San Luis Obispo
- Melbourne

### Vacation Specials

- Las Vegas deals
- Baltimore deals
- Australia deals

## Explore other Beirut resources

- Beirut Bed and Breakfast
- Beirut Maps

---

TripAdvisor

Reviews and advice on hotels, resorts, flights, vacation rentals, travel packages, and lots more!

[About Us](#) | [Help Center](#) | [Site Map](#)

© 2014 TripAdvisor LLC All rights reserved. [TripAdvisor Terms of Use and Privacy Policy](#).

\* TripAdvisor LLC is not a booking agent and does not charge any service fees to users of our site... (more)

TripAdvisor LLC is not responsible for content on external web sites. Taxes, fees not included for deals content.

HOME

VIDEOS

RECIPES

CONTACT ME

ABOUT ME

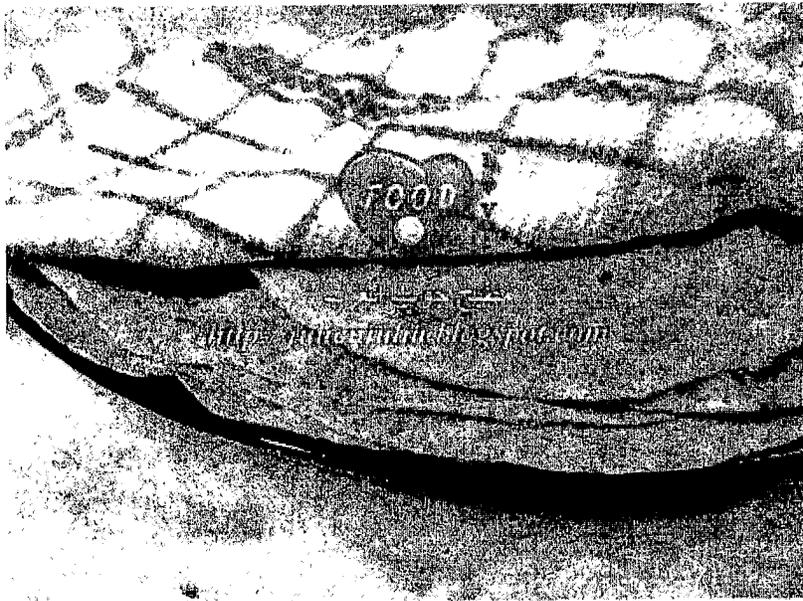
## FOOD LOVER *Halal Delicious Recipes Step by Step Photos*

### SHAWARMA SAJ BREAD خبز الصاج أو خبز الشاورما 6

Posted on Wednesday, December 4, 2013 by Julia Al Arab

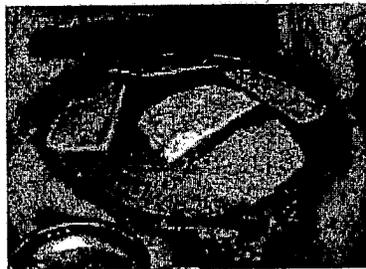
Enter your email address for newsletter

Subscribe



#### Scroll down for English post

خبز الصاج أو خبز الشاورما هو خبز رقيق مشهور بعدة دول عربية بعدة أسماء، وتم تسميته نسبة لفرن الصاج الذي يستخدم في عمل هذا الخبز ويكون على شكل قبة، وعادة ما تستخدم مائدة مستديرة لوضع الخبز على سطح الفرن لتساعد في الحفاظ على شكل الخبز المستدير.



#### SEARCH THE BLOG

#### BLOG ARCHIVE

- ▶ 2014 (1)
- ▼ 2013 (66)
  - ▼ December (5)
    - Whole wheat banana bread with wal  
الموز با...
    - Moroccan Roast Stuffed Lamb Leg ان  
محمشي بطابع
    - Grandmother Grape Jam تبي مربى العنب
    - Shawarma Saj Bread ساج أو خبز الشاورما
    - Caramel Walnut Date Cake مر بالكراميل  
والجور...
  - ▶ November (3)
  - ▶ October (3)
  - ▶ September (3)
  - ▶ August (1)
  - ▶ July (2)
  - ▶ May (3)
  - ▶ April (8)
  - ▶ March (12)
  - ▶ February (17)
  - ▶ January (9)
- ▶ 2012 (11)
- ▶ 2011 (16)
- ▶ 2010 (24)



#### نصيحة الوصفة:

- 1- لا يستخدم الدقيق أكثر من اللازم لترقيق العجين حتى لا يكون جاف.
- 2- يتم تحضير الخبز على حرارة عالية وليست منخفضة حتى ينضج جيداً.
- 3- الخبز ينضج سريعاً مجرد وضعه بالمقلاة لثواني فانتبهوا حتى لا يحترق، لذا يفضل الانتهاء من ترقيق كل الخبز قبل البدء في تسويته لكي نستطيع ملاحظته.

الوصفة تكفي: 6 إلى 7 أرغفة

وقت التحضير: 35 دقيقة

وقت النضج: عدة ثواني لكل رغيف (لا يتعدى الدقيقة على الناحيتين)

Saj bread or Shawarma bread is a thin flat bread that's very popular in several Arab countries with several names, it's called after the Saj oven which is used to bake that bread it has a shape like a dome; a round pillow is usually used to transfer the bread to the oven top, to help maintain the round shape of the bread.

#### Recipe tips:

- 1 - Do not use too much flour while rolling the bread dough or it will dry.
- 2 - The bread should be made on high heat, not low or it won't be well cooked.
- 3 - It should be ready in seconds so be careful to not burn it, that's why it's best to finish rolling all the loaves before you start heating the pan.

Serves : 6 to 7 loaves

Prep. time : 35 minutes

Cooking time: a few seconds for each loaf (not more than a minute for both sides)

#### Scroll down for English recipe

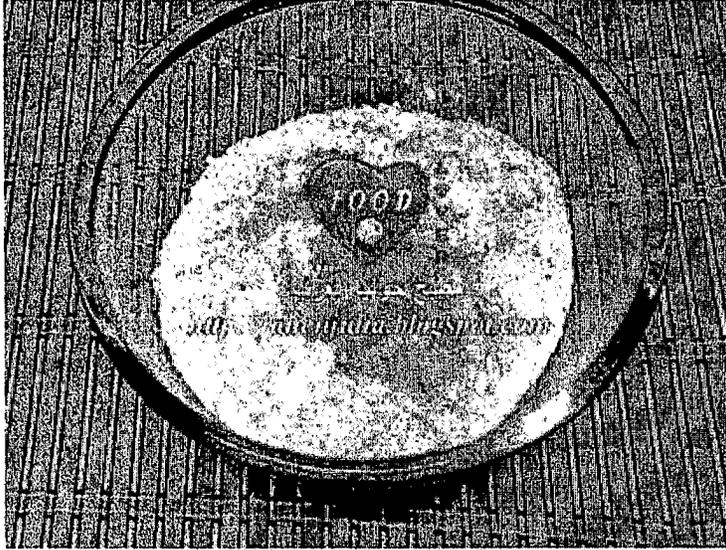
المقادير:

1 3/4 كوب دقيق

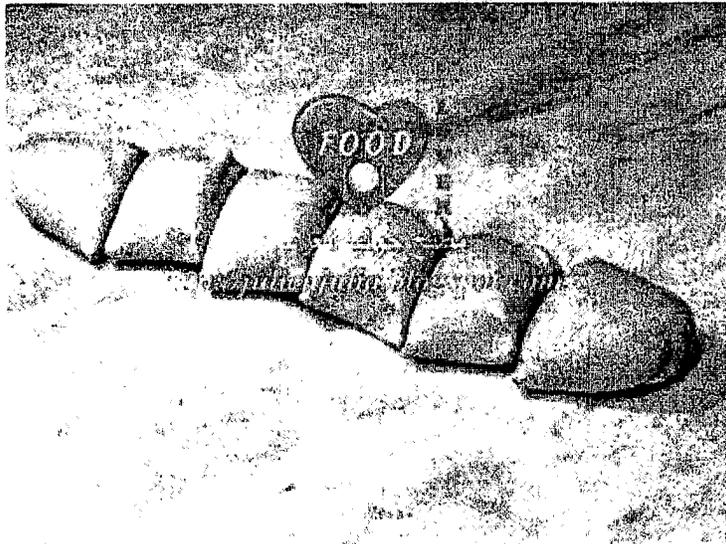
2/3 كوب ماء دافئ  
1 ملعقة شاي خميرة جافة  
1/2 ملعقة طعام سكر  
1/4 ملعقة شاي ملح  
زيت للدهن

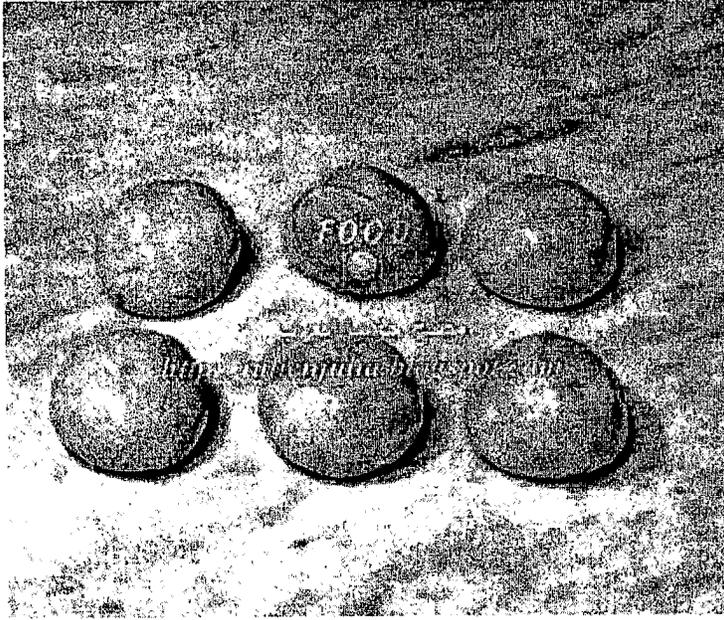
الطريقة:

1- نخلط الدقيق مع الملح ثم نقوم بعمل حفرة في الوسط نضع بها الخميرة والماء والسكر ونعجن.



2- نقسم العجين إلى 6 قطع متساوية ونشكلها كرات وندهنها بالزيت ثم نغطيها ونتركها تختمر نصف ساعة.



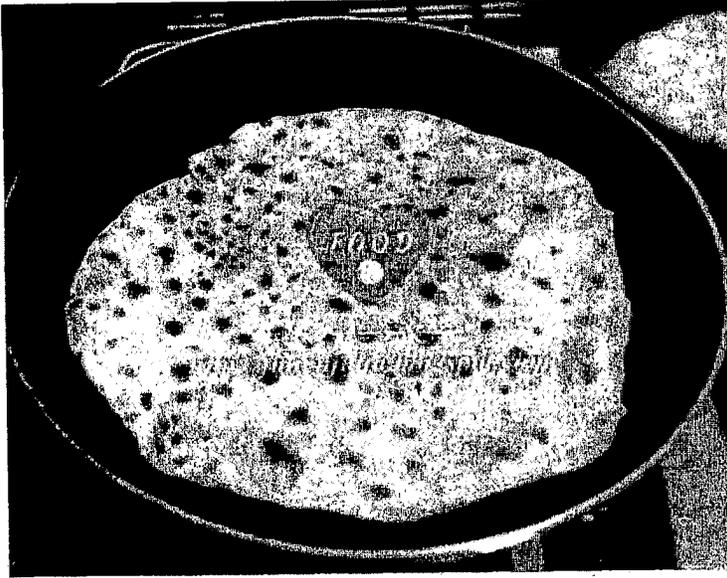


3- بعد تخمير الكرات نبدأ في ترفيقها على سطح به دقيق ونفردا بأقل سُمك ممكن وإذا كان الرغيف ينكمش نتركه يرتاح قليلاً لحين فرد رغيف آخر ونعود إليه، وبعد الانتهاء من ترفيقهم نسخن مقلاة على حرارة عالية وندهن وجه الرغيف بالزيت باستخدام فرشاة ثم نضع الجهة المدهونة ملاصقة للمقلاة بعد أن تسخن.



4- نقلب الرغيف بعد عدة ثواني أو بعد أن يتحول لونه للذهبي حوالي 20 ثانية أو أكثر قليلاً حسب الحرارة ويتم تغطية الأربعة الجاهزة بقماش حتى لا يجف، وإما أن يستخدم فوراً أو يوضع بالفریزر مع أن يبرد لتخزينه لحين الاستخدام، وبالهناء

(والشفاء :)



**Ingredients:**

- 1 3/4 cup flour
- 2/3 cup warm water
- 1 teaspoon dry yeast
- 1/2 tablespoon sugar
- 1/4 teaspoon salt
- Oil Fat

**Directions:**

- 1 - Mix the flour with salt and then make a hole in the middle and add yeast, water and sugar and knead .
- 2 - Divide the dough into 6 equal pieces, shape into balls and brush with oil, cover and let proof for 30 minutes.
- 3 - After the 30 minutes, start rolling each ball on a floured surface as thin as possible, if the loaf shrinks let it rest a little while rolling another one then back to it. Once done with all, heat the pan on high heat and brush the rolled loaf with oil then place it on the pan with the greased side down facing the pan.
- 4 - Turn the loaf after a few seconds or after it turns golden (about 20 seconds or a little more), when the loaf is done transfer to a dish and cover with a cloth to not dry, and either use immediately or put in the freezer after it cools to store until use, and... Bon Appétit :)



**Written by: Julia Al Arab**

Kariman (Julia Al Arab) is a mother, home cook, and food blogger, her husband gave her that nickname referring to chef Julia Child as she loves cooking since she was 9 year old and always trying new flavors. You can find her on Twitter, Google+, Instagram, and Pinterest.

**6 COMMENTS:**

مسلمة جوة وبرة said...

هل يوجد وصفات خاصة بناسبها ويوكل معها، أم أنه مثل الخبز العادي يوكل مع أي شيء؟

DECEMBER 8, 2013 AT 12:29 AM

Jamila said...

مشكور

DECEMBER 10, 2013 AT 9:08 AM

Julia Al Arab said...

حسب رغبتك عزيزتي يمكنك استخدامه مع أي غموس تفضليه فهو أحد أنواع الخبز

DECEMBER 10, 2013 AT 11:15 AM

Julia Al Arab said...

(: عفواً

DECEMBER 10, 2013 AT 11:16 AM

ايناس said...

سلمت يمنك

JANUARY 6, 2014 AT 5:39 PM

Julia Al Arab said...

(: تسلمي ايناس شكراً

JANUARY 8, 2014 AT 10:18 AM

**POST A COMMENT**

**Your comments really make my day and encourage me to give you more**

lovely recipes, so please don't hesitate ^\_^  
أعجبتك الوصفة؟ ضع تعليق بسعدني ويشجعني على تقديم المزيد ^\_^

[« OLDER POST](#)

[HOME](#)

[NEWER POST »](#)

SUBSCRIBE TO: [POST COMMENTS \(ATOM\)](#)

Find us on Facebook



Food Lover Recipes

Like

30,447 people like Food Lover Recipes.



 NetworkedBlogs

[Follow this blog](#)

Copyright 2010 Food Lover مطبخ جوليا العرب · Charisma theme by Cozmoslabs · Blogger template by It

# Markook

From Wikipedia, the free encyclopedia

**Markook**, also known as **Shrak** (Arabic: **شراك**, **مرفوق**) is a type of flatbread common in the countries of the Levant. It is baked on a domed or convex metal griddle, known as "saj". It is usually large, about 2 feet in diameter, and thin, almost translucent. Similar to the procedures for making some other flatbreads, the dough of markook is flattened and kept very thin before cooking, resulting in a very slender depth. It is usually folded and put in bags before being sold. It is commonly compared to pita bread, which is known in Mediterranean cuisine.

**Markook**



<b>Origin</b>	
<b>Alternative name(s)</b>	Shrak
<b>Type</b>	Flatbread

**Contents**

- 1 Yufka (Sac Ekmeği)
- 2 Gallery
- 3 See also
- 4 References

## Yufka (Sac Ekmeği)

Yufka is a Turkish bread. It is a thin, round, and unleavened flat bread similar to lavash, about 18 inches (40–50 cm) in diameter usually made from wheat flour, water and table salt. After kneading, the dough is allowed to rest for 30 min. Dough pieces (ca. 5-6 oz/150-200 g) are rounded and rolled into a circular sheet. The sheets of yufka dough are baked on a heated iron plate called a sac in Turkish . Baking time is approximately 2–3 minutes. During baking, the bread is turned over once to brown the other side. After baking, yufka bread has a low moisture content, and depending on how low the moisture is, a long shelf life. Before consumption, dry yufka bread is sprayed with warm water. The moistened bread is covered with a cotton cloth and is rested for 10 to 12 minutes before serving.

## Gallery



Markook prepared by Syrian Jews in Jerusalem.



A Palestinian woman baking *markook* bread on Saj oven in the village of Artas near Bethlehem.



Markook being prepared and cooked on a Saj.

## See also

- Rumali Roti
- Chapati
- Gözleme
- Pane carasau

## References

- ""A Fork on the Road" - Miami Herald online" (<http://www.miamiherald.com/286/story/399096.html>). Retrieved February 21, 2008.
- ""Saj Femmes" - Blog: Land and People" (<http://landandpeople.blogspot.com/2007/09/saj-femmes.html>). Retrieved February 21, 2008.

Retrieved from "<http://en.wikipedia.org/w/index.php?title=Markook&oldid=555571397>"

Categories: Arab cuisine | Mediterranean cuisine | Middle Eastern cuisine | Levantine cuisine | Lebanese cuisine | Palestinian cuisine | Syrian cuisine | Jordanian cuisine | Iraqi cuisine | Saudi Arabian cuisine | Flatbreads | Bread stubs | Arab cuisine stubs

- This page was last modified on 17 May 2013 at 21:31.
- Text is available under the Creative Commons Attribution-ShareAlike License; additional terms may apply. By using this site, you agree to the Terms of Use and Privacy Policy. Wikipedia® is a registered trademark of the Wikimedia Foundation, Inc., a non-profit organization.

## [cheesecake for all](#)

- [Home](#)
- [About](#)
  - [Welcome](#)
  - [Frequently Asked Questions](#)
  - [PLUGINS](#)
- [RECIPES](#)
  - [Index](#)
  - [Archives](#)
  - [Search](#)
  - [Categories](#)
- [Resources](#)
- [Food Photography](#)
- [Gallery](#)
  - [Recipes Photos](#)
  - [Roaming](#)

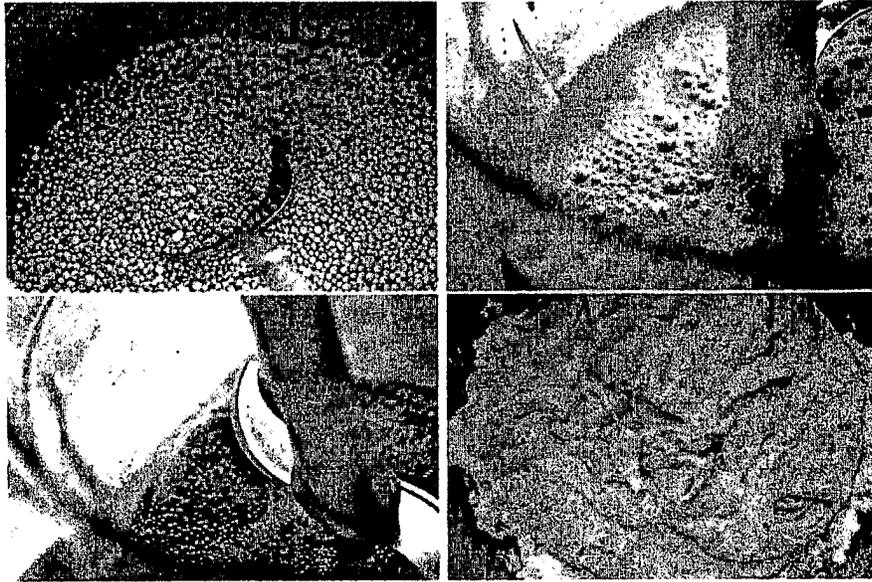
# Saj bread

by Maryam on [November 20, 2009](#)



I thought it will be a good idea if I started to follow some of the food photography techniques that I founded yesterday, and implement them in real life. Since I started this blog ( approximately one month ago) all the food photography, styling, writing and wordpress editing was a pure personal work. No one has taught me how to shoot, write, style .. etc. I admit that I'm just a beginner in all areas but I feel passion towards what I'm doing. I'm not seeking to be a professional and make a personal business out off publishing this cooking blog. All what I'm aiming for is to share my knowledge and even learn something new by doing what I love.

I know that I have a busy schedule but I'm willing to challenge myself.



What I wanted to practice today is, planning ahead. Since I started, I didn't plan ahead for any recipe. All were prepared and pictured by what you can call, *luck*.

The usual conversation between me and myself is like this. "@ 3:30 pm .. well, what I'm going to eat for lunch today?" "I'm asking myself. "It was so long since I eat Kishk! (as an example)" myself replied. "Okay.. lets make Kishk for lunch" I answered! So when I reached home, I checked if the ingredients are there or not. Sometimes I go to the supermarket and buy the grocery before going home just in case! The thing is in most cases when I buy the grocery in advance and without checking, when I enter the kitchen I will find that everything is there and I have wasted my time buying extra stuff. And sometimes when I return home thinking that I have everything to start cooking my meal, I find that this ingredient is missing and that one is not available.

So I decided to plan a head! Plan for the recipe that I'm willing to post. Check the ingredients, think of what I'm going to write, and imagine how my photos should look like. I'm willing to start following this technique from today, and I hope that I'll get good results in my photos and writings with a tasty meal.



When I opened the 365 Main Courses cooking book, searching for a recipe for tomorrow's lunch. I found some useful freezing tips and techniques. I started reading them, and *forgot* about the lunch I was willing to plan for today. I will list the tips and techniques in a new section called Cooking Tips, which contains all useful tips and techniques that I found and read about. So you can refer to them anytime you want.

At the end when I discovered that I had ruined my plan which is "planning ahead", I googled Saj recipe and decided to give it a try. Saj is a flat, soft bread. Baked on upside down iron. Beneath this iron a set of flame (I have used a normal skillet instead! to be honest it didn't give the same shape but I got the same taste).

The recipe was adapted from newly discovered multi (English/Arabic) language [mimicooks](#) blog. Which you will find a lot of Arabic recipes.



### For the ingredients you will need

1 tablespoon active dry yeast

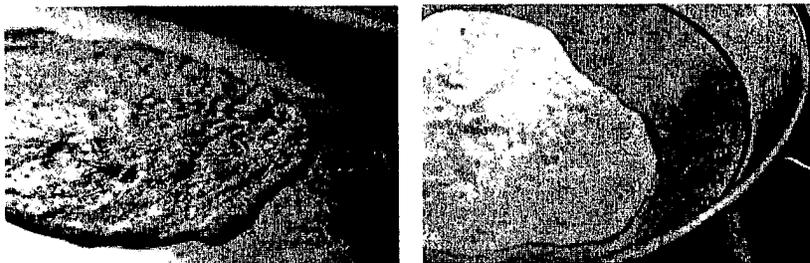
1 tablespoon sugar

1 1/2 cups warm water (about 110 to 115°)

3 1/2 cups all-purpose flour

1/2 teaspoon salt

Oil for coating the dough



### Preparing the dough

Mix all the ingredients using a blender, except the flour and the remaining 1/2 cup of water. Then pour the mixture in a big bowl, sift the 3 1/2 cups flour on top and start mixing with hand or a wooden spoon until smooth and no longer sticky (in this step add the other 1/2 cup of water). Cover with a damp cloth and put in a warm place for 1 hour. After one hour the dough should be doubled in bulk. Knead with hand for a few minutes, then start to divide the dough into medium sized balls. Using a floured rolling pin (you can flatten using your hands instead) start rolling the balls into circles on a lightly floured surface (in this step use the oil for coating). Put a skillet on low heat. When it becomes hot, put the flattened dough in it. Bake for 30 seconds to one minute (till golden base). Flip the bread to the other side for another 30 seconds. Pile your bread and cover to keep them soft and serve immediately. You can use the Saj as wraps for any thing you like.

enjoy with love,

Maryam

[Print this post](#)

Tagged as: [arabic](#), [bread](#), [Saj](#), [vegetarian](#)

{ 26 comments... read them below or [add one](#) }



tina [November 21, 2009 at 6:17 am](#)

That looks yummy, Maryam. Thank you for the recipe :) Hope your blog comes along well!



Maryam November 21, 2009 at 12:39 pm

Thanks for your Kindness Tina



Madalene November 21, 2009 at 3:40 pm

Dear Maryam, I really like the look and sound of this recipe however I'm a bit confused what to do with the remaining 1/2 cup of water? I'm now going to buy the ingredients to make these and I'm planning on making slow cooked lamb shoulder to fill them for dinner, perhaps some minted yogurt and pickled tomatoes...mm I'm already hungry!



Happy Cook November 21, 2009 at 4:07 pm

Beautiful bread, i have tried to make this, but it never came out good as your, now i have your recipe , will try this.



Maryam November 21, 2009 at 5:02 pm

Thank you Madalene for reminding me! I totally forget about this 1/2 cup. The remaining 1/2 cup will be added with the flour in the next step.

For you Happy Cook, wishing you the best!



Janet November 22, 2009 at 10:58 am

Those look delicious! Great photo.



annie November 22, 2009 at 9:49 pm

What about the oil? When do you coat the dough with the oil?



Maryam November 22, 2009 at 10:05 pm

Oil will be used while rolling the dough into circles.



food-4tots November 23, 2009 at 7:21 pm

Great post with step-by-step illustrations! Your shots are awesome! Well done!



Maryam [November 25, 2009 at 9:47 pm](#)

thanks..



Summer [November 27, 2009 at 2:45 pm](#)

Thanks for linking to my cooking blog. I really appreciate it. :)



Maryam [November 27, 2009 at 8:03 pm](#)

You are most welcome



Sheetal [November 28, 2009 at 10:37 pm](#)

I love flatbreads and yours look soooo soft and delicious, Maryam ... this recipe is going into my to-try recipe folder for sure!



nags [November 29, 2009 at 5:28 am](#)

this looks a lot like naan, except that would be baked in a tandoor, i guess. saw this on cynthia's blog and came right over. will surely try and let you know how it turned out :)



peggy [November 30, 2009 at 5:08 am](#)

These look lovely! I am looking forward to making these next weekend for my project. Thank you!



Shwetha [December 5, 2009 at 12:03 pm](#)

These breads look so good. I'm going to give these a try. And I can totally relate with you on "planning ahead". Best luck with your blog – you've got off to a great start.:)



Lola [December 6, 2009 at 10:40 pm](#)

Maryam, I loved your recipe and am looking forward for more :)

Ma'salam



Tracee Hegre [December 19, 2009 at 8:22 pm](#)

I really like what you wrote here – it's informative. Thanks for posting this. I've been experimenting with some recipes from this cookbook. Have you tried any seafood recipes like this lately? Visit my site if you'd like to read more. Have a fun week!



gigi January 24, 2010 at 6:45 am

I made this today, and the bread was FANTASTIC! thank you so much for this recipe.. new family staple



Maryam January 24, 2010 at 5:07 pm

I'm so happy for you .. thanks



dilys March 6, 2010 at 1:49 am

I'm a Trini and I make this instead of Sada roti. It is way fluffier and has less grease. I love it!



A.J. November 2, 2010 at 8:30 pm

Well done. We call this bread Laffa or Aish Tanoor and we make on the Saj.



Lara July 17, 2011 at 10:08 am

Hi Maryam!

I just wanted to say i tried your Saj Bread recipe and it turned out great! so easy and had some leftovers for the freezer! just made a Rogan Josh so im about to cook up the leftovers for dinner! Thanks for Sharing!



Maryam July 17, 2011 at 10:15 am

Hi Lara, happy you liked the recipe and it's a good idea to freeze the leftovers!  
regards,  
Maryam



linda January 12, 2013 at 4:38 am

Hello. Any thoughts as to shorting the resting time? With the same results? I'd like to use this recipe in a competition but I have only 30 minutes to get the finished product plated...any ideas?



Maryam January 12, 2013 at 8:55 am

Hi Linda,

Unfortunately bread doughs are difficult to manipulate with! in order to get the same great result you have to invest the recommended time in. Sorry that my answer was with no help for you.

regards,  
Maryam

Leave a Comment

Name \*

E-mail \*

Website

Submit

{ 1 [trackback](#) }

- [lauren home-maker? « everything but the baa](#)

Previous post: [Tabola salad](#)

Next post: [Breakfast Cake](#)

#### • Recent Posts

- [Galbi ~ 갈비 Korean BBQ](#)
- [Red Velvet Cheesecake](#)
- [Jerk Chicken](#)
- [BBQ Tofu](#)
- [Double Layer Pumpkin Cheesecake](#)



- 
- 
- **Archives**

- [September 2013](#)
- [January 2013](#)
- [December 2012](#)
- [November 2012](#)
- [October 2012](#)
- [September 2012](#)
- [August 2012](#)
- [July 2012](#)
- [June 2012](#)
- [April 2012](#)
- [March 2012](#)
- [February 2012](#)
- [January 2012](#)
- [October 2011](#)
- [August 2011](#)
- [July 2011](#)
- [June 2011](#)
- [May 2011](#)
- [April 2011](#)
- [February 2011](#)
- [January 2011](#)
- [December 2010](#)
- [November 2010](#)
- [October 2010](#)
- [September 2010](#)
- [August 2010](#)
- [July 2010](#)
- [June 2010](#)
- [May 2010](#)

- [April 2010](#)
- [March 2010](#)
- [February 2010](#)
- [January 2010](#)
- [December 2009](#)
- [November 2009](#)
- [October 2009](#)
- [September 2009](#)



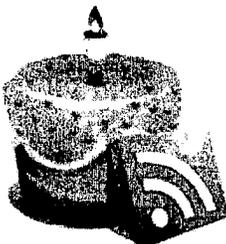
•

•

follow me



•



• [Subscribe by RSS](#)

### • Popular posts

- [Toast Pie](#)
- [Original English Cake](#)
- [Saj bread](#)
- [Marshmallow Chocolate Pie](#)
- [Mini Corn Dog .. the best!](#)
- [How to make Homemade Marshmallows](#)
- [Brownie Cookies](#)
- [Strawberry Cheesecake .. I love it!](#)
- [Teriyaki Sauce](#)
- [Basic Waffles with cheesecake topping](#)



- **Tags**

[arabic](#) [Avocado](#) [bake](#) [baking](#) [bread](#) [breakfast](#) [breakfast](#) [burgers](#) [cake](#) [Cheese](#) [cheesecake](#)  
[chicken](#) [chocolate](#) [cinnamon](#) [Cookies](#) [cream cheese](#) [cupcakes](#) [egg](#) [eggs](#) [experience](#) [garlic](#) [honey](#) [hot](#)  
[chocolate](#) [Japanese](#) [korean](#) [less than 30 min.](#) [Milk](#) [mini](#) [mushrooms](#) [oven](#) [parsley](#) [photo](#) [Potato](#)  
[pudding](#) [rolls](#) [salads](#) [sauce](#) [Teriyaki](#) [toast](#) [Tomato](#) [tomatoes](#) [travel](#) [travels](#) [vegetarian](#) [velvet](#)



All text and photos © 2009–2014

# My Culinary Journey through Lebanon

*This is a journey through my native country, Lebanon, located in the Middle East. I am always in search of good food and good friends, with the aim of safeguarding our precious culinary heritage.*

## Lebanese Food and Culinary Traditions



Spring time always inspires me...

[www.barbaramassaad.com](http://www.barbaramassaad.com)

[Follow on Twitter](#)

[Barbara's Lebanese Mezze](#)

[Barbara's Kids for Food](#)

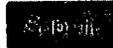
[Man'oushe Blog](#)

[Mouneh Blog](#)

[Man'oushe on Facebook](#)

[Mouneh on Facebook](#)

Follow by Email



Search This Blog

Loading...

Total Pageviews

My 3rd Book:



"This new book from Barbara Massaad is vital to the culture of her country and utterly

MONDAY, DECEMBER 12, 2011

### Saj bread | خبز المرقوق

I was browsing through the internet, as one does during one's afternoon coffee break, and what do I see— a romantic interpretation of the making of saj bread (paper thin bread). Wonderful! I love the music and I really believe that making bread on saj is an art. I am grateful to those who took the time and energy to record this video (Tinia Nassif - Al Nahar 2011), thanks!!!

Posted by Barbara Abdeni Massaad at 2:51 PM



Labels: [Saj bread](#)

Reactions:

inspiring to me. She finds and explores forgotten traditional foods and techniques and then develops recipes that are irresistible and nourishing. They are not only for the Lebanese but for all of us."  
Alice Waters

No comments:

[Post a Comment](#)

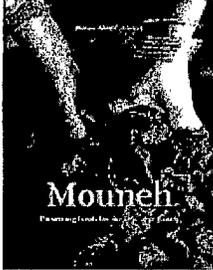
[Newer Post](#)

[Home](#)

[Older Post](#)

Subscribe to: [Post Comments \(Atom\)](#)

### My 2nd Book:



Winner of the Gourmand World Cookbook Award and the International Academy of Gastronomy. "Documenting traditions, recipes and rituals ensures their survival, it is vital work. Barbara Massaad's beautiful new book Mouneh goes to the heart of Lebanese life. She is a writer and photographer, but above all she is a custodian of a wonderfully rich culture."  
Alice Waters

### My 1st Book:



Winner of the Gourmand World Cookbook Award. Anyone who loves the simplicity of food and appreciates a good story will love this book from cover to cover.

Two roads diverged in a wood, and I-  
I took the ones less traveled by.

And that has made all the difference.

*Robert Frost*

## Followers

### Welcome to my Blog!

I have been meaning to create this blog for a long time. Why? I have been roaming Lebanon for years now and I have come to the conclusion that it is such a shame that I don't document these journeys on the net. What is a culinary journey one may ask? I shall tell you... It's taking the car early morning (after dropping the kids at the bus stop) and going with one's car on an adventure dealing mostly with FOOD, wonderful people, and amazing places. Food glorious food ... not everyone knows what they put in their mouths... not everyone knows the people and places that have to do with the last bite they just had ... So my aim in life... other than being a good wife and mother ... is to write culinary books on the matter. My first book was published in Dec. 2005 entitled Man'oushe: Inside the Street Corner Lebanese Bakery. My second book (which started the day after the launching of Man'oushe) is finally out. I will let you in on a little secret, when one publishes a book, it is like giving birth and sometimes authors experience baby blues. Mouneh was published in Nov. 2010, it deals with traditional food preservation. Yes, I am ready to start my third book now - it will deal with the subject of cheese making. Who knows where this journey will take me? In a nutshell, this is who I am!

Who says we can't  
grow Zaatar?



Zaatar fields in the Village of Zawtar el Sharkiyah in south Lebanon

## Blog Archive

- ▶ 13 (39)
- ▶ 12 (88)
- ▼ 11 (95)
  - ▼ Dec (8)
    - [Merry Christmas](#)
    - [Barbara's Lebanese Mezze](#)
    - [One Person's Food Vision in Beirut](#)
    - [Barbara Preparing Man'oushé with Fares Helwe Beirut...](#)
    - [Barbara with Chef Giovanni Helwe Beirut](#)
    - [I'm Inspired](#)
    - [Saj bread | خبز المرقوق](#)
    - [The Making of Kishk and Awarma in Helwe Beirut](#)
  - ▶ Nov (6)
  - ▶ Oct (7)
  - ▶ Sep (6)
  - ▶ Aug (1)
  - ▶ Jul (4)
  - ▶ Jun (8)
  - ▶ May (10)
  - ▶ Apr (12)
  - ▶ Mar (16)
  - ▶ Feb (13)
  - ▶ Jan (4)
- ▶ 10 (45)
- ▶ 09 (55)
- ▶ 08 (7)

**Winner of the Gourmand Cookbook Award and Prix de la Littérature Gastronomique 2010**

**YOU'RE INVITED!**

Come and celebrate the autumn harvest with a book signing & a photo exhibition of

# Mouneh

Preserving Foods for the Lebanese Pantry

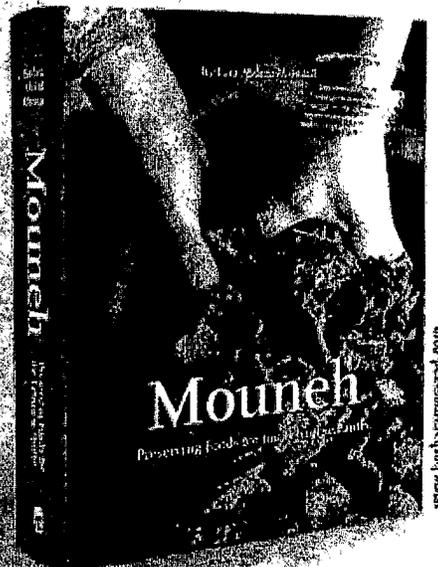
written and photographed by **BARBARA ABDEH MASSAAD**

- \* **TAWLET** on Thursday, November 18, 2010 from 6 pm to 10 pm
- \* **Literaire ANTOINE & ABC (Ashrafieh, Levaloy)** on Saturday, November 20, 2010 from 5 pm to 8 pm

**Mouneh: Preserving Foods for the Lebanese Pantry** is a comprehensive study of traditional Lebanese food preserving methods, verified from recipes circulating all across Lebanon—an important aspect of Lebanese culinary heritage. Divided into 4 seasons and consequently 12 months, the book allows readers to seasonally preserve their produce, pickles, cheeses, dried herbs and dried goods derived from vegetables, fruit, herbs, flowers and animal products. Hundreds of recipes are included with lush photography and captivating stories—dealing with farmers and food producers.



**ANTOINE & ABC**  
LITERAIRE ANTOINE & ABC  
100 Rue de la République, 10500 Beirut, Lebanon  
Tel: +961 3 433 1111 | Fax: +961 3 433 1112  
www.antoineandabc.com



www.barbaramassaad.com