



What is Lahvash?

Lahvash bread has its origins dating back thousands of years when man started harvesting wheat. In fact, it was one of the first breads ever made... grinding the wheat into flour with stone, and then adding water to make dough. Imagine the dough ball... This dough would burn on the outside and still be raw in the middle. They learned by hand stretching and flattening, if they put it on top of hot stones it would cook quickly on one side. They would then flip the flatbread over with sticks cooking the other side.

They knew retaining high temperatures in an enclosed baking chamber would fully cook this bread with radiant heat and the flames of the wood. They realized baking this way would naturally preserve this unique flatbread. The bread was soft fresh out of the oven but quickly dried when left out in the open because it was very thin. This was the perfect way to store on their attic shelves for those winter months when they had no wheat to make Lahvash. The beauty of Lahvash is you can hydrate this bread by putting moist towels on top of and underneath of it and within a few minutes, it is soft and pliable as if made that morning.

We are always disappointed to hear many companies referring to their wrap breads as a Lahvash when in fact it is not. Buyers are being deceived to believe they are buying true Lahvash, when in reality it is just another flatbread. As far as we are concerned, you cannot call it Lahvash if you do not follow the rules of making Lahvash. You are just buying a glorified tortilla and you are probably paying too much for it. In order to call this flatbread a Lahvash it has to have these three distinct characteristics.

- It should not have any oils. If it does, it falls under the category of a tortilla. We realize oils make the other breads a little softer and pliable but they are compromising quality, taste, and freezing ability. This concept defeats the natural part of the bread.
- It must be fully baked in an authentic brick-oven until golden in color.
- It must have toasted brown bubbles throughout. These bubbles reabsorb moisture when the bread is cooling, and when it is thawing from the freezer, making the bread soft and pliable naturally. The baking process is essential; it locks in the true flavors of the flour and other ingredients, giving a longer shelf life.

This unique bread with some differences made its way to the Middle East, Asia, The Mediterranean, and Europe and finally to the Western culture. Many variations were born from Lahvash... the Pita, Tannour, Chapati, Naan, and even the Pizza Crust from Italy. Lahvash has remained popular throughout the Eastern Mediterranean and the Caucasus since early times.