



**Figure 2604:** Charcoal is used by the Ababda nomads for baking flat unleavened bread (Arabic: *gurs* or *gaburi*) in hot clean sand. A herbaceous plant is used as a starter and is then crushed. Placed on top of this starter are pieces of wood from Tamarisk (*Tamarix*) (Berenike, Egypt; February 1998; RC).



**Figure 2605:** An Ababda nomad baking an unleavened flat bread in hot sand. Here, fire wood is placed on a spot that is regularly used for bread baking. Below, a crushed dry herb, such as *Zilla spinosa*, is present as a starter. Some gasoline is added to hasten the lighting of the fire (figures 2605–2611: Berenike, Egypt; February 1995; RC).



**Figure 2606:** Before bread baking can start, the wood has to be converted into charcoal and the flames have to have subsided. The sand below the embers is now extremely hot and suitable for baking bread.



**Figure 2607:** Once the fire wood has turned into charcoal, it is carefully pushed aside with a stick. Next, the hot sand is pushed aside as well. Then the loaf of bread is placed on the hot sand.



**Figure 2608:** The hot sand is pushed over the bread, followed by the charcoal. The bread is now allowed to bake for about 15 minutes.



**Figure 2609:** Here the charcoal and sand are pushed aside to flip over the bread. The sand and charcoal are then pushed over the reverse face of the bread and it is allowed to bake for another 15 minutes.



**Figure 2610:** When the bread is done, it is taken out of the sand and carefully cleaned. First the adhering sand and charcoal are removed by hitting the bread with a stick.



**Figure 2611:** Next, it is rubbed with a piece of fossil coral, which is available on the beach. Carefully removing all the sand ensures the bread will not result in fractured teeth.



Figures 2612, 2613 and 2614: Another example of an Ababda nomad baking an unleavened flat bread in hot sand. Branches of an unidentified herbaceous plant and tree have been used as fuel. Here, the bread has been baked on one side and is being exposed by removing the ash and the hot sand (figures 2612–2619: Berenike, Egypt; February 1998; RC).



Figures 2615 and 2616: The bread is flipped on its axis.



Figures 2617, 2618 and 2619: A stick is used to recover the bread with the same hot sand and ash. It will take another 15 minutes before the baking is finished and the outer surface can be cleaned of any ash and sand. The latter is a delicate operation as it determines the ultimate quality of the bread with respect to dental care.