

SWARTAND STONEGROUND FLOUR BREAD LOAF

INGREDIENTS

1. 1 Kg (4 cups) flour, brown or white.
2. 20 gram Instant yeast.
3. 45 ml (3 tbs) sugar.
4. 10 ml (2 tsp)Salt.
5. 650 ml lukewarm water.
6. 45 ml (3 tbs) Olive oil or melted butter.

METHOD

1. Dissolve yeast and sugar in lukewarm water. Let rest for 15-25 minutes for yeast to activate.
2. Mix flour and salt in mixing bowl.
3. Add yeast and oil and mix well.
4. Knead until dough is slightly sticky.
5. Divide dough in two batches and put in greased baking pans and cover with cloth, or one pot for fire.
6. Let rise for about ONE hour to double in size.
7. Bake in Pre Heated oven at 180 degrees for 45 – 50 minutes. Hour on fire.

ADD CHEESE ON TOP or SWEETCORN IN DOUGH if wanted.

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