



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



You will fall in loaf



STEAMED BREAD

Ingredients

3 cups of flour
2 tsp salt
1 tsp yeast
3 tsp sugar
1 cup warm water

Method

Sift the dry ingredients into a large bowl. Add the warm water and bring together, kneading until the dough combines and does not stick to your hands. Grease a clean bowl with butter, add the dough, cover with a dish towel and place in a warm place for an hour. Fill a large pot halfway with boiling water and place over medium heat. Grease a bowl with butter and add the dough. Place the bowl with the dough inside the pot (making sure no water gets in), cover with lid, and allow to steam for an hour or until cooked. Remove bread and cool before slicing and serving.



MEALIE BREAD

Ingredients

330g sweetcorn (thawed if frozen)
120ml milk
2 eggs, beaten lightly
30g salted butter, melted
180g all-purpose flour
2 tbsp cornmeal
2 tbsp sugar
2 tsp baking powder
1 tsp salt
½ tsp paprika

Method

Preheat oven to 180°C. Butter a 21cm x 11cm x 6 cm loaf tin. Place half the sweetcorn and the milk into a blender and blend until the corn is pureed. Add the remaining corn and blend quickly leaving kernels coarsely chopped. Transfer mixture to a medium bowl and add the beaten eggs and melted butter. In a separate bowl, add the flour, cornmeal, sugar, baking powder, salt and paprika and mix until well combined. Add the dry mixture to the wet mixture and mix until all the ingredients are incorporated. Pour the batter into the prepared pan and bake for 45-50 minutes. Take a skewer and stick in the centre of your bread, when you pull out the skewer there should be no wet dough. Cool the bread in the loaf tin for 5 minutes before turning out onto a wire rack to continue cooling. Serve warm with butter!

UNIQUE BREAD RECIPES TO SIMPLY ENJOY

BY FARZANA KUMANDAN

“GOOD bread is the most fundamentally satisfying of all foods; and good bread with fresh butter, the greatest of feasts.” ~ James Beard

Oh, the goodness of bread. It's a staple in many of our homes and no day is complete without having at least one slice.

Perfect for toast at breakfast time, for school lunches, dunked in soup or even at supper time to soak up all those *lekker* soups.

Made with the simplest ingredients of flour, water and salt, one loaf of bread can go so far and feed so many.

Although many try to stay away from bread, carbs in moderation forms an important part of our diet and bread therefore provides sustainable energy for us to carry out our daily tasks.

World Bread Day, initiated by the International Union of Bakers and Confectioners (UIBC), is an international observance celebrated on October 16 every year and dedicated to a staple food that has been of importance around the world since the dawn of agriculture.

Bread is one of the oldest prepared foods, with Egyptians being believed to have been the first to use yeast to leaven the dough.

Bread is usually made from wheat, but can be also made from other cereals, including rye, barley, oats, maize, rice, millet and sorghum.

There's something about the smell of freshly baked bread or even a *lekker* warm toasty slice with butter that just hits the spot.

It is also one of the most versatile of food items as you can enjoy it as is, but you can add so many different toppings on it as well.

Sharing

From leftovers to peanut butter, cold meats, cheese, jam or just even beans on toast, bread makes everything *lekker!*

This week, I am sharing my favourite recipes which include recipes from the talented chefs at Capsicum Culinary Studio.

They have included recipes with a local twist for you to enjoy, however if you prefer a wider selection of ready-made artisan bakes, head on over to @backstube_artisanbread-creations for more.

Happy baking. Love, your Cooksister



GOODNESS: Breakfast Bread

BREAKFAST BREAD

Ingredients

275g plain flour
1 tsp baking powder
8 spring onions, chopped
350g Cheddar cheese, grated
125g diced Macon
4 eggs
1 tsp sea salt
1 tsp freshly ground black pepper
1 tbsp vegetable oil
60ml buttermilk

Method

Pre-heat oven to 180°C. Grease a large loaf tin. Mix all the ingredients together in a large bowl until well combined. Pour the batter into the prepared loaf tin and bake for 40-45 minutes, until golden brown or until a skewer comes out clean when inserted in the middle of the bread. Let it cool for 5 minutes in the tin, then turn out on to a wire rack to cool completely. A perfect loaf to slice and pack for *padkos* and picnics.



MILK ROLLS

Ingredients

8 cups cake flour
2 tbsp sugar
1 tsp salt
2 packets yeast
2 cups milk
2 cups boiling water
1 cup cooking oil

Method

Mix the dry ingredients and the wet ingredients in two separate bowls. Add both together and mix well until a soft dough is formed. Knead for 10 minutes. Transfer to an oil greased bowl and cover. Set in a warm place for 40-45 minutes or until doubled in size. Divide dough into balls and shape.

Allow to rise, brush with egg and bake in a preheated oven on 180degrees for 10-15 minutes until golden brown.

SUPER SOFT ROLLS

Ingredients

1 egg
Half cup oil
Half cup sugar
Half cup fresh cream
1 tsp salt
1 cup warm water
3 quarter cups warm milk
2 and a half level tbsp yeast
5 cups flour

Method

In a large glass bowl whisk together the egg, oil, sugar, salt and cream.

In a microwave jug mix the water, milk and yeast with a spoon.

Add the milk mixture to the

egg mixture and add the flour, one cup at a time, mixing after each addition.

Knead the dough with your hand for about 10-15 minutes. The more you knead, the less sticky it will become.

Cover your bowl with cling wrap and allow the dough to rise, double in size.

Grease a big black oven tray with butter and roll out equal size balls, packing in closely together in the tray.

Allow the dough to rise for a further 15 minutes, brush it with egg and bake on 180degrees for 15-20 minutes until the tops are golden brown.



Once removed from the oven lightly brush with melted butter or for garlic rolls brush with Garlic Butter while rolls are hot.