

From Nimmy

ONION BREAD

- 1 PKT WHITE ONION SOUP
- 1 X 500 ml CARTON BUTTERMILK
- 500 g SELF RAISING FLOUR

METHOD

SIFT FLOUR INTO BOWL, ADD SOUP. STIR IN BUTTER MILK AND HALF THE GRATED CHEESE. POUR STICKY BATTER INTO A GREASED FOIL CONTAINER, (OR ANY OTHER SUITABLE CONTAINER). BAKE IN YOUR DUTCH OVEN FOR APPROXIMATELY 30 – 45 MINUTES. REGULATE YOUR HEAT TO ENSURE THAT BREAD IS COOKED THROUGH WITHOUT TOASTING IT!

WHITE BREAD

INGREDIENTS

2 cups self-raising flour

½ tsp. salt

2 tbs melted margarine

180ml milk (¾ cup)

METHOD

Sift the flour and salt into a bowl. Add the melted margarine to the slightly warmed milk (blood temp.) Stir this mixture into the flour and beat for one minute until you have a heavy batter. Spread the batter evenly into a greased baking tin and stand for 5 minutes. Bake in hot oven for 30 to 40 minutes with a piece of paper over the top to prevent the crust forming too soon.

Remove the paper, brush with melted margarine and bake for a further 3 minutes.

From Food 24


Basic bread dough

Ingredients **6** Servings **1 bread** Time \pm **2 hours**

Ingredients

- **2 x 10g**
sachets instant yeast (50g fresh yeast, if you prefer)
- **about 600ml** lukewarm water
- **1kg** flour
- **30 ml** sugar
- **10–15ml** salt
- **60 ml** olive oil

Method

 \pm 50 minutes

Dissolve the yeast in about 50ml of water. Sift the flour, sugar and salt and make a well in the centre with your hand. Add the yeast mixture, the rest of the water and the oil and sprinkle a little flour on the surface. Set this aside to rest in a warm spot for about 15-20 minutes or until the mixture bubbles on the surface (this step is optional, but improves the flavour of the bread). Mix the flour, little by little, with a circular movement from the outside to the inside until the dough is too stiff to mix further. Turn it out onto a clean work surface and knead until smooth. Put the dough in a clean, floured mixing bowl, cover with a cloth or clingwrap and let this rise in a warm spot until it doubles in volume (about 1 hour). Punch down the dough, divide it in half and shape into loaves. Put the dough in greased loaf tins and let these rise again until they double in volume (this time about 45 minutes). Preheat the oven. Using a sharp knife, score the surface of the bread dough and sprinkle with flour. Bake at 220°C for 15 minutes, then reduce the temperature to 180°C and bake for another 20-30 minutes. Test by tapping the bottom of the loaf – if it sounds hollow, the bread is cooked.

Jenny Morris: Basic Bread Dough

4 cups Sasko cake flour

2 tsp salt

4 tsp sugar

10 g instant yeast

1 Tbs olive oil (sunflower will do)

400 ml lukewarm water

Place all the dry ingredients into a bowl and make a well in the center. Add the oil and three quarters of the water, and mix to form a soft dough. Add a little more water if need be; if it is too wet, add a small amount of flour.

Knead the dough until it is smooth and elastic to the touch; about 15 minutes. Place the dough back into the bowl and oil the top; cover with a clean cloth and place it in a warm place to rise to twice its size.

Punch the dough down and shape it into rolls or place into a greased loaf tin and let it rise to twice it's size.

Preheat the oven to 200 °C.

Bake for 25 to 35 minutes if making rolls.

If you are making a loaf 35 to 45 minutes or until when the base is tapped it sounds hollow.

Remove from the oven and cool for 10 minutes in the tin, then turn it out and cool on wire cooling rack.

Jenny Morris: Rosemary Rolls

Rosemary Rolls

4 cups sasko cake flour

2 tsp salt

4 tsp sugar

2 tablespoons roughly chopped rosemary

10 g instant yeast

1 tbs finely chopped fresh rosemary

1 Tablespoons olive oil (sunflower will do)

3 eggs beaten and topped up with lukewarm water to make up 400ml

First place all the dry ingredients including the rosemary into a bowl and make a well in the center. Add the oil and three quarters of the water, and mix to form a soft dough. Add a little more water if need be; if it is too wet, add a small amount of flour.

Knead the dough until it is smooth and elastic to the touch; about 15 minutes. Place the dough back into the bowl and oil the top; cover with a clean cloth and place it in a warm place to rise to twice its size.

Once the bread dough has proved, punch it down.

Place the dough onto a lightly floured surface and pat it into a rectangle.

Divide into two; roll each piece into a sausage.

Using a pair of scissors cut each piece of dough into 6 pieces at 45-degree angles.

Place the pieces of cut dough onto a well-oiled baking tray and dust them with flour. Cover with a clean tea towel.

Let the rolls rise to twice their size in a warm place.

Bake in a 200 deg pre heated oven for 30 to 35 minutes.

Remove and cool on a wire rack.