

Mealie Bread/Xhosa Pot Bread/Sweetcorn Loaf

450g self raising flour
2 tsp salt
10g fast-acting dried yeast
2 cups sweetcorn (defrosted frozen kernals or fresh from the cob)
3ts sugar
350 mil warm water
2 eggs
2 tbsp melted butter

- 1 Lightly spritz square baker using kitchen spritzer and pre-heat oven to 180 degrees.
- 2 Mix flour, salt, sugar and yeast in large stainless steel mixing bowl using master scraper, add the corn and eggs, mix until incorporated, make a well in the centre and add the water, melted butter and eggs. Mix well until it forms a slightly sticky dough.
- 3 Transfer the dough to the square baker and leave to rest
- 4 Bake for approx 45 mins until cooked through and makes a hollow sound when tapped on the underside.
- 5 Serve cool or warm as a savoury accompaniment or with honey/maple syrup drizzled over.