

Honey Buttermilk Bread



1 envelope yeast or 1 tablespoon fresh yeast

1 teaspoon sugar

$\frac{1}{4}$ cup warm water

pinch of ginger (helps activate the yeast)

2 cups warm buttermilk

$\frac{1}{3}$ cup honey

$\frac{1}{4}$ cup butter, melted and cooled so that it is warm to the touch but not hot.

1 teaspoon salt

$\frac{3}{4}$ teaspoon baking soda

6 cups white bread flour

Mix the ginger, sugar, yeast, and water and set aside for five minutes.

Mix buttermilk, honey, salt, baking soda in with the yeast mixture. Add three cups of flour and mix until smooth. On an electric mixer it is about 5 minutes on low speed. Mix in butter until it is totally incorporated into batter. Now, begin to add the rest of the flour, one cup at a time, keeping mixer on low speed. When dough pulls from the sides of the bowl remove it from the mixer to a floured surface and knead until elastic and smooth.

Place in greased bowl, turn to grease the top, cover and allow to rise for $1\frac{1}{2}$ hours.

Punch down and form into two loaves. Place in greased loaf pans and grease tops. Cover, and allow to rise for 45 minutes. Preheat oven to 200C. Bake for 30 minutes, covering tops with

foil if they brown too fast.

Remove loaves from oven and brush with melted butter. Allow to cool in pans for 10 minutes. Turn out and cool completely on a rack. Cover the loaves if you want soft crust

Prego rolls



Ingredients

- 200g 4 portions of rump steak (each)
- 30ml olive oil
- freshly ground black pepper
- 5ml sugar
- 1 packet of rocket leaves
- 4 Portuguese rolls
- **For the marinade**
- 15 ml oil
- 1 onion, chopped
- 1 red pepper, finely chopped

- 6 plump cloves garlic, sliced
- 1ml ground paprika
- 125ml dry white wine
- salt and freshly ground black pepper to season
- freshly ground black pepper

Method

To prepare the marinade Heat the oil and saute the onion with the red pepper until soft. Add the garlic and stir-fry for another minute. Add the paprika and white wine and set aside to cool. Marinate the meat in the cooled marinade for at least two hours or, preferably, overnight. Remove the steak from the marinade and fry it in the olive oil, in a hot frying pan, until done to your preference. Season with salt and freshly ground black pepper. Remove the meat from the pan, keeping it warm. Add the marinade to the pan along with the sugar and cook until the sauce starts to thicken. Season to taste. Place a piece of steak and some rocket leaves in each bread roll, and top with a spoonful of sauce.

BigKornbites



1 cup plain flour

1/2 cup polenta
2/3 teaspoon salt
1 teaspoon baking powder
1/4 cup olive oil
1 teaspoon sea salt

Preheat oven to 200°C/180°C fan-forced. Combine polenta, flour, salt and baking powder in a bowl. Add oil and 1/2 cup cold water. Stir to combine.

Step 2

Divide dough into 2 balls. Using a rolling pin, roll 1 ball between 2 sheets of baking paper until 1mm thick (37cm x 28cm rectangle). Sprinkle with sea salt. Cover with baking paper. Re-roll lightly to press in salt. Remove top sheet of paper.

Step 3

Lift paper and dough onto a baking tray. Using a metal ruler, mark dough into 5cm triangles, pressing down firmly. Repeat with remaining dough ball.

Step 4

Bake, 1 tray at a time, for 15 to 18 minutes or until golden and crisp. Cool on trays. Break into triangles.

Coq au Vin Skillet Pizza



Yield: Makes 10-inch pizza skillet

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

1 ball homemade pizza dough or store bought
8 slices bacon
3 tablespoons olive oil
1/2 pound chicken thighs, chopped into 1-inch cubes
1 15 oz can tomato sauce
1 cup mushrooms
1 yellow onion, diced
1 tablespoon rosemary, chopped
1 teaspoon thyme, chopped
1/2 cup red wine
1 cup mozzarella, shredded
fresh basil, garnish
salt and pepper to taste

Directions:

Preheat oven to 425 degrees.

Place bacon slices on a baking sheet and bake for about 10 to 15 minutes or until golden brown and crispy. Remove bacon from oven and set aside. Once cooled, chop into small pieces.

In a large skillet, add two tablespoons olive oil, chicken thighs, salt and pepper. Saute chicken until cooked through and slightly golden brown about 7 minutes. Remove chicken from skillet and set aside on a plate. In the same skillet, add remaining tablespoon olive oil and mushrooms. Saute for a few minutes or until the mushrooms have browned. Next, add the onions, rosemary, thyme, salt and pepper. Continue to cook until the onions have softened about three minutes. Next, add the tomato sauce and wine. Bring to a simmer and let it cook and reduce for about five minutes. Stir in the chicken and bacon.

Take the pizza dough and in a 10-inch cast iron skillet spread the pizza dough evenly. Take the chicken sauce mixture and spread it around the dough leaving a one-inch border. Sprinkle mozzarella on top. Bake pizza for about 20 minutes or until golden brown. Remove and garnish with fresh basil.