

# BUTTERMILK RUSKS



<b>Recipe by:</b>	Chef Monche Muller
<b>Serves:</b>	makes 24 rusks or mosbolletjies
<b>Category:</b>	Great value / Kid-friendly
<b>Prep time:</b>	2 hours plus at least 8 hours for the rusks to dry out
<b>Cooking time:</b>	30 – 40 minutes
<b>Ingredients:</b> 750 ml buttermilk (no buttermilk? see cook's note) 215 g butter, melted 20 g dry yeast (2 sachets) 95 g sugar (1/2 cup) 1 t salt 1 t bicarbonate of soda 1.4 kg organic stone ground cake flour (or a mix of 700 g cake flour and 700 g white bread flour)	

### **Cooking instructions:**

Combine the buttermilk, melted butter and yeast in a large mixing bowl (or the bowl of a mixer) and stir until the yeast starts to dissolve and bubble slightly.

Add the sugar, salt and bicarbonate of soda and mix well.

Add two thirds of the flour to the liquid mixture and stir until combined. If you're using an electric mixer, use the dough hook.

Add more flour while mixing and kneading until the mixture comes together to form a workable dough. If the dough feels right, don't add more flour. If adding extra ingredients (see cook's note below), do so at this stage. Place the dough in a lightly oiled bowl, loosely place a piece of plastic wrap directly on the dough and cover it with a damp cloth. Leave, in a warm area, to rise to double the original volume. It will take about 1 hour.

When it's done rising, shape the dough into even golfball-sized portions.

Roll them neatly and pack them tightly together in a single layer in a greased baking tray or bread loaf tin. Cover with a damp cloth and leave to rise until doubled in size. This will take about 45 minutes.

Preheat oven to 180°C.

When the final proofing is done, bake the dough for 30-40 minutes until golden brown and cooked through. Leave to cool down just enough to work with.

**Note:** If you want to have *mosbolletjies* with tea or breakfast, you can serve the steaming loaf with butter and jam now.

If you want to go all the way to create dry rusks, break the cooked dough into pieces along the lines of the original balls, lay out flat on baking sheets and leave in an oven heated to 100°C overnight or until completely dry, at least 8 hours.

Store your lovely *boerebeskuit* in airtight container.

### **Cook's notes:**

1. To make your own buttermilk, combine 125 ml lemon juice, white spirit or apple cider vinegar with 625 ml full cream milk
2. For different variations, add:
  - 25 g dried cranberries and 25g roughly chopped almonds
  - 50 g raisins, sultanas or chopped dates and 1 cup bran
    - 50 g pecan nuts and 1t cinnamon
    - 2 T aniseed
  - 1 cup of crushed all bran flakes
    - 1 cup of desiccated coconut
  - 50 g sunflowers seeds and ½ cup honey
3. For wholewheat rusks, substitute 700 g white bread flour or 50% (700g) of the stone ground flour with whole wheat flour

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# Mosbolletjies



## DAAGLIKSE BROOD ~ Mosbolletjies

Regte, egte outydse resep – maak seker jy het baie tyd vir die een!!!

500 g Rosyne (met pitte)

1.5 liter (6 koppies) Water

$\frac{1}{2}$  koekie gis (droog of saamgepers) of 7,5 ml ( $\frac{1}{2}$  eetl) aktiewe droë gis

5 kg Witbroodmeelblom

500 g Botter of Margarien of 250 g elk Botter en Varkvet

Kookwater of Melk

1 liter (4 koppies) Suiker

15 ml (1 eetl) Sout

30 ml (2 eetl) Anyssaad

Glaseersel:

Geel van 1 Eier

Suiker

Melk

1. Stamp die rosyne stukkend en moenie die pitte verwyder nie. Kook rosyne 10 minute in water en laat afkoel tot loutarm.

2. Plaas rosyne in 'n emaljekan of –emertjie en voeg 125 ml ( $\frac{1}{2}$  koppie) van die loutarm water, gemeng met die giskoekie, by. Roer goed en laat op 'n warm plek staan tot die rosyne bo-op dryf. Dit sal 24 tot 36 uur duur.

3. Syg die vloeistof van die rosyne deur 'n klam kaasdoek en gebruik dit vir die suurdeeg.

4. Roer 1 liter (4 koppies) witbroodmeelblom by die vloeistof tot dit glad is en laat sowat 3 tot 4 ure lank op 'n warm plek staan of tot die suurdeeg goed gerys het.

5. Smelt die botter (of botter en vet) en voeg 'n bietjie kookwater by.

6. Meng die orige broodmeelblom, suiker, sout, anyssaad, suurdeeg, botter en genoeg warm water om 'n stywe deeg te vorm.
  7. Knie die deeg baie goed, minstens 'n uur lank, tot die klein lugblasies egalig daarin versprei het (sny 'n stukkie van die deeg met 'n mes af om te toets).
  8. Maak dit goed toe en plaas oornag op 'n warm plek.
  9. Die volgende oggend sal die deeg dubbel die oorspronklike grootte wees. Moet dit nie afknie nie, maar vorm balletjies van die deeg en sit hulle teen mekaar in 6-8 groot, gesmeerde broodpanne.
  10. Laat die balletjies op 'n warm plek rys tot hulle in grootte verdubbel het.
  11. Vir glaseersel, klits eiergeel met 'n bietjie suiker en melk en smeer oor bolletjies. Bak sowat 1 uur lank by 200C (400F).
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## Karringmelkbeskuit



Elsa van Huyssteen

2 Baksels karringmelkbeskuit gebak gister en oornag gedroog.

Gee pakke 5x20 stukke, nog pakkie met 15 stukke en dan sommer 3 pakke "off cuts"!

Alles sommer vir die huis gebak:

1 Baksel se bestandele:

**SMELT IN POT OP STOOF EN LAAT HEELTEMAL AFKOEL DAARNA:**

500gr Botter/margarien/Stork Bake – ek het Stork Bake gebruik

500ml Amasi of karringmelk – ek het Amasi gebruik

10ml kremetart

5ml sout

2x250ml suiker

As die vloeistof afgekoel het, klits 4 eiers en meng in die vloeistof in.

DROE BESTANDELE:

1,5kg bruismeel

2x250ml gewone koekmeel

2 teelepels bakpoeier

Meng alles deurmekaar en druk in beskuitpanne met snyers – maak 60 stukke beskuit of rol in bolletjies en bak vir 1 uur by 180 grade en droog by 100 grade uit oornag.

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# Karringmelk beskuit met growwigheid



1kg Self Raising Flour

500 gms Butter yes, real butter

2 cups Sugar

3 cups All Bran Flakes

1 cup Raisins

$\frac{1}{2}$  cup Sunflower Seeds

3 Eggs

1 level tsp. salt

500 ml Low Fat Yoghurt or Buttermilk

Melt the butter with the sugar. Beat Yoghurt and eggs. Add Yoghurt and egg mixture to the melted butter/sugar mixture and mix well. Place all remaining dry ingredients in a large bowl and mix together. Add wet mixture to dry ingredients and mix very well. The mixture is rather stiff, so I would suggest

that you use a short handled strong wooden spoon.

Divide the mixture into 2 x 11inch by 9 inch oven-roasting trays, smooth out, and bake at 180 degrees C for 1 hour. Switch off the heat and open oven slightly for 10 min., then remove and let cool.

Next morning cut into squares, place on 2 larger trays and dry in the oven at +- 90 deg C for +- 8 hours, or until dry.

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# Breathtaking Brioche



## Ingredients

### SPONGE

1/3 cup warm whole milk  
2 1/4 teaspoon active dry yeast  
1 large egg  
2 cups unbleached flour

### DOUGH

1/3 cup sugar  
1 1/2 teaspoons kosher salt  
4 large eggs, lightly beaten at room temperature  
1 1/2 cups flour  
12 tablespoons unsalted butter, room temperature

### Directions

Put the milk, yeast, egg, and 1 cup for the flour for the sponge in a mixing bowl. Mix together with a rubber spatula until blended. Sprinkle the remaining cup of flour over the sponge, set aside, and rest uncovered for 30-40 minutes.

To make the dough, add the salt, sugar, eggs, and 1 cup of

flour to the sponge. Mix by hand, working the ingredients together. It will start as a sticky mess, but it will gradually become softer. Continue to knead for about 10 minutes by hand, sprinkling the remaining 1/2 cup flour in a little ways in.

Once all the flour is incorporated, turn the dough out onto a work surface. Divide the dough in half. Set one half to the side. With the other half, knead all of the butter in, mixing directly onto the work surface until it forms a smooth, shiny ball. Once the mixture is homogeneous, add in the other half of the dough and knead and mix more, mixing and picking up any butter from the work surface until you end up with a smooth, elastic ball of dough. This process should take about another 10 minutes of kneading.

Transfer the dough to a large, buttered bowl. Cover tightly with plastic wrap and let rise at room temperature until doubled (about 2 to 2 1/2 hours). Deflate the dough by placing your fingers under it, lifting a section of the dough, then letting it fall back into the bowl. Work your way around the circumference of the dough, lifting and releasing.

Cover the bowl tightly with plastic wrap once more and refrigerate the dough overnight, or at least for 4-6 hours.

When ready to bake, divide the dough into thirds. Divide each section into 6 equal pieces, and shape each ball on a lightly floured work surface. Place the balls side by side in a greased loaf pan so you have 3 short rows, each with 2 balls of dough. Repeat this process with the remaining two large balls of dough.

Cover the pans with plastic and allow the dough to rise at room temperature for 2 hours or until doubled in size.

Preheat the oven to 375F. Lightly brush each loaf with an egg wash (1 large egg beaten with 1 teaspoon water). Use the ends of a pair of scissors to snip a cross into the top of each ball of dough. Bake the brioche for 30 minutes, or until an instant read thermometer reads 200F.

Cool to room temperature before serving.

Enjoy

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# Mosbolletjies



**Maak:** 2-3 brode

**Bereidingstyd:** 1 1/2 uur, plus gis- en rystyd

**Baktyd:** 1 uur

**Oondtemperatuur:** 200 °C • 125 g rosyntjies met pitte

- 5 g vars gis (of 2,5 ml aktiewe droë gis)
- 1,250 kg koekmeel
- 125 g (135 ml) botter
- 190 g (225 ml) suiker
- 20 ml anys
- 15 ml melk
- 15 ml strooisuiker

**1** Kap die rosyntjies in 'n voedselverwerker. Sit dit in 'n kastrol met 750 ml water en verhit dit tot kookpunt. Laat prut vir 10 minute, haal van die plaat af en laat afkoel tot loutwarm. Los die gis in 'n bietjie van die vloeistof op en roer dit dan by die res van die vloeistof.

**2** Gooi die mengsel in 'n groot bak. Bedek met 'n vadoek en laat vir 24 tot 36 uur op 'n warm plek staan. Gooi deur 'n kaasdoek en in 'n bak.

**3** Roer 500 ml van die meel by die vloeistof tot glad. Sit vir drie tot vier uur eenkant om te gis.

**4** Smelt die botter, laat dit effens afkoel en roer dit dan saam met die res van die meel, suiker, anys en 3 ml sout by die gegiste mengsel. Meng tot dit 'n elastiese deeg vorm en voeg nog water by indien nodig. Knie vir 10 minute met die hand of met 'n voedselverwerker met 'n deeghaak.

**5** Sit die deeg in 'n bak en bedek dit met 'n klam lap. Draai dit toe in 'n kombens en laat dit oornag rys.



6 Moenie die deeg knie nie, maar trek stukkies daarvan af en rol dit in bolletjies. Pak dit teen mekaar in gesmeerde broodpanne en laat dit vir een tot twee uur eenkant rys.

7 Bak in die verhitte oond vir 'n uur of tot deurgaar. Meng die melk en strooisuiker saam. Verf die mengsel oor die mosbolletjies sodra dit uit die oond kom. Laat afkoel en trek die bolletjies los van mekaar.