

MATTIE'S SWARTLAND MILL FIBRE BROWN BREAD

INGREDIENTS

1. Water, 1 cup, lukewarm
2. Instant yeast, 7 gram sachet
3. Sugar, 1 tablespoon
4. Brown flour, 3 cups
5. Oats, $\frac{3}{4}$ cup
6. All Bran, $\frac{1}{4}$ cup
7. Sugar, $\frac{1}{4}$ cup
8. Salt, 2 teaspoons
9. Rosemary, chopped, 1 teaspoon.
10. Thyme, 1 teaspoon
11. Oil, $\frac{1}{4}$ cup.

10

METHOD

1. Combine ingredients 1 , 2 , and 3 in cup and stir. Cover with cloth for about 10 minutes until frothy or dry ingredients have been mixed.
2. Combine ingredients 4 – 10 in mixing bowl and mix by hand.
3. Add oil and cup with yeast and knead until rubbery. Leave to rise.
4. Rub pot with butter and add mixture. Bake about 45 minutes at 180 degrees C until top is golden. Knock loaf to hear if sounds hollow.
5. Let cool and tip out.
6. Cut of end piece and baker must eat immediately with butter only.
7. If spectators were kind, give them a slice as well.
8. You can add some grated cheese on top before baking or a can of Sweet corn in mix.