

# XCentric Ideas



28 September 2011

Volume 6 — Issue 9

by

ALMA PRETORIUS

[alma@xcentricideas.co.za](mailto:alma@xcentricideas.co.za)

[www.xcentricideas.co.za](http://www.xcentricideas.co.za)

“If thou tastest a crust of  
bread, thou tastest all the  
stars and all the heavens.” ..

Recipes from the Internet  
All photos my own

Robert Browning

# Why bake bread?

We grew up on a farm outside Paarl, Western Province.

My mom has always been a real farmer's wife. She preserved fruit, vegetables – she made jams, jellies ... and she baked bread. Why? Cause my dad always said he doesn't want to eat 'fluff' (shop bought bread).

So on a regular basis we had freshly baked bread. Fought over the crust slice (dad usually got it), slathered each slice with real butter and topped it with some of mom's homemade jams.

At a braai, mom would always bake a bread and serve it with preserved green figs or other jams. Funny thing was – although mom's lady friends were all farmer's wives, they didn't bake bread. So everyone was always enjoying the bread.

We had a divorced friend – and for a braai, he would request a homemade bread.

That's why I'm giving you this issue – bake a bread the easy way. Mix and bake. No rising, no yeast, no kneading ....

Come on, you can do it! And watch the look on your friends' faces. And if you serve this with jam you made in your microwave .... You'll be treasured forever!

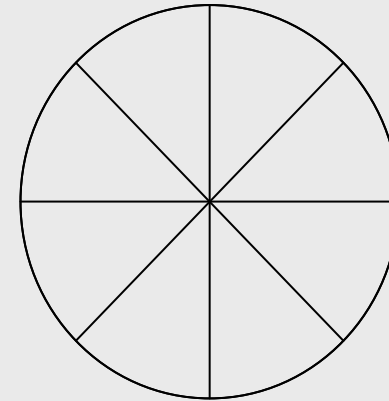
*I also found out that if you make the mixture in your food processor with the dough blade, you get a much smoother texture. To prevent a hard crust, brush warm bread with water or wrap in cling-wrap.*



Croissants

# Croissants

900 ml cake flour  
25 ml baking powder  
2 ml salt  
1 ml red pepper  
125 g butter  
500 ml cheddar cheese, grated  
300 ml milk  
1 egg yolk



Preheat the oven to 200 oC. Sift the dry ingredients together and rub the butter in till it resembles bread crumbs. *(I used my food processor to mix everything.)*

Add the cheese and just enough milk to form a stiff dough – divide in 4 pieces.

Roll out each piece of dough thinly on a floured surface to form circles of 20 cm in diameter. Divide each circle in 8 *(see diagram)* equal pieces.

From the outside of each 1/8 piece, roll towards the sharp point of the 1/8 piece. Shape each croissant in a half-moon. Place on a greased baking pan (not too close to each other). Beat the egg yolk with the left-over milk, brush over each croissant. Bake for 15 minutes till golden brown.

*You can do this with puff pastry as well. Roll out defrosted puff pastry as above. When you have the 8 pieces in a circle, you can add little blocks of chocolate on each 1/8 before you roll it. Continue as above.*



Raisin Bread

# Raisin Bread

500 g self-raising flour  
250 g pitted raisins  
500 ml buttermilk (*have just baked this with the substitute - perfect!*)  
30 ml white sugar  
30 ml baking powder  
Pinch of salt

Preheat oven to 180 oC.

Sift together the self-raising flour and baking powder. Add the sugar, raisins and the buttermilk. Mix well with wooden spoon (*or in the food processor with dough hook*).

Spoon into a greased bread loaf pan and bake for 1 hour. Brush baked bread with cold water to prevent hard crust.

*Substitute for 500 ml buttermilk: Spoon 2 tbsp white vinegar/lemon juice in measuring cup. Fill with milk up to the 500 ml mark. Stir and let stand for 5 minutes. Use.*



No Fuss Rolls

# No Fuss Rolls

250 ml self-raising flour  
125 ml 2% milk *(or fat free)*  
30 ml mayonnaise *(I used Nola light mayo)*  
2,5 ml white sugar

In a small bowl, combine all of the ingredients *(I used my food processor)*.

Spoon into six muffin cups coated with non-stick cooking spray. Bake at 230 oC for 8-10 minutes or until a toothpick comes out clean.

Cool for 5 minutes before removing from pan to a wire rack. Serve warm.

*My muffin cups was too big, so use the smaller muffin cup pan – or double the quantities.*





Whole-wheat Bread

# Whole-wheat Bread

500 ml whole wheat Flour (*I used Nutty Wheat*)  
250 ml cake flour  
50 ml brown sugar  
80 ml sunflower seeds  
200 ml pitted raisins  
50 ml sesame seeds  
5 ml salt  
8 ml bicarbonate of soda  
500 ml buttermilk  
1 xtra-large egg, beaten

Preheat oven to 180oC.

Without sifting, mix everything in your food processor with the dough hook (*or just in a bowl*), spoon into 1 big greased bread pan or 2 smaller greased bread pans. Bake for 1 hour.

To prevent a hard crust, brush the baked bread with cold water.

*I was super excited about this bread – it was soooooooooo yummy!!!! I loved the raisins in it and the texture was perfect!!!!!!!!!!*

*Substitute for 500 ml buttermilk: Spoon 2 tbsp white vinegar/lemon juice in measuring cup. Fill with milk up to the 500 ml mark. Stir and let stand for 5 minutes. Use.*



Chakalaka Bread

# Chakalaka Bread

500 ml cake flour  
10 ml baking powder  
4 eggs (*I use x-large*)  
410 g tin Chakalaka  
125 ml cheddar cheese, grated  
Salt, pepper to taste

Preheat the oven to 180oC.

Sift together the cake flour, baking powder, salt & pepper. Beat the egg & Chakalaka together. Mix the egg mixture with the dry ingredients (*I used my food processor*). Place dough in a greased bread loaf pan, sprinkle cheese on top and bake for 45 minutes or till done.

Delicious with a braai or any other dish.



*What is Chakalaka? It's spicy mixed vegetables. You can substitute it with a tin of Tomato Onion Relish.*



Tomato Onion Bread

# Tomato Onion Bread

500 g self-raising flour  
2-3 bacon rashers, cubed \*\*  
15 ml cooking oil (Sunflower)  
15 ml dried Italian herbs  
Black pepper to taste

85 g cream of tomato soup powder\*  
1 onion, chopped  
500 ml buttermilk \*\*\*  
sprinkle of ground ginger  
chilli flakes, to taste (optional)

Preheat the oven to 180 oC.

Fry your bacon & onion in the cooking oil. In a bowl (*or food processor with dough hook*), without sifting, mix the self-raising flour and soup powder. Add the bacon & onion. Add the buttermilk and herbs and mix well. Spoon dough into a big greased loaf pan and bake for 50-60 minutes or till done.

*\*You can literally use any other flavour – I use brown onion, white onion, mushroom .... I cooked the bacon in my microwave and left the onion cubes raw when I mixed it into the flour.*

*\*\*You can substitute the bacon with: ½ cup cubed feta cheese, ½ cup cheddar cheese grated or cubed, ½ cup ham pieces, ½ cup pitted slice d olives, ½ cup chopped dried tomatoes ... just not 'wet' ingredients, eg fresh tomatoes. But the options are endless!*

*\*\*\*Substitute for 500 ml buttermilk: Spoon 2 tbsp white vinegar/lemon juice in measuring cup. Fill with milk up to the 500 ml mark. Stir and let stand for 5 minutes. Use.*



Breakfast Apricot & Nut Bread

# Breakfast Apricot & Nut Bread

1 xtra-large egg  
250 ml white or brown sugar  
30 ml butter/margarine, melted  
500 ml cake flour  
¼ tsp baking soda / bicarbonate of soda  
10 ml baking powder  
¼ teaspoon salt  
62,5 ml water  
125 ml orange juice  
250 ml (100g) floured cut-up dried apricots (*dust cut-up apricots with cake flour*)  
125 ml chopped nuts (*I used salted nuts*)

Preheat the oven to 180 oC.

Beat together egg, sugar, butter (*I used my food processor with dough hook*). Sift the cake flour, baking soda & baking powder. Add the flour mixture to the egg mixture. Add the salt, add the water, alternating with the orange juice. Mix in apricots and nuts. Mix well.

Place in greased pan (*I used a ring pan.*) Bake for 1 hour.

*I imagine this is what they will call a 'tea loaf'. Can be served with butter & preserves or just as it is.*





Choc Chip, Almond & Coconut Bread

# Choc-chip, Almond & Coconut Bread

1 xtra-large egg  
250 ml white sugar  
30 ml butter/margarine, melted  
500 ml cake flour, sifted  
¼ teaspoon baking soda  
10 ml baking powder  
¼ teaspoon salt  
62,5 ml water  
125 ml full cream chocolate flavoured milkshake (*or other choc milk*)  
125 ml flaked almonds  
125 ml choc chips  
125 ml fine coconut

Beat together egg, sugar, butter (*I used my food processor with dough hook*). Add cake flour, baking soda, baking powder, salt, almonds, choc chips & coconut. Mix in the chocolate milk, alternating with the water. Place in greased pan.

Bake in an oven at 180 oC for 1 hour.

*When I made the Apricot & Nut Bread, I thought – I want to make a bread that's even sweeter – so I devised this recipe – and it's delicious!!!!*