

# Biltong Potbread:

## **DOUGH (this requires no yeast):**

- 240 g Cake flour (500 ml)
- 20 ml Baking Powder
- 2 ml Salt
- 5 ml Mustard powder
- 100 g Butter (don't use margarine or any substitute)
- Approximately 100 ml Milk (use full cow, not low cow or skimmed cow)
- 1 Egg – beaten
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## **FILLING:**

- 120 g Ground Biltong (250 ml)
- 200 g Smooth cottage cheese (use full cow, not low cow or skimmed cow)
- 30 ml Chopped parsley
- Freshly ground pepper to taste
- Mayonnaise to moisten (don't use the light stuff)
- 15 ml Lemon juice

***You need 1 or 2 extra eggs to make a glue to hold the dough together...***

## **To make the dough:**

Sift the dry ingredients together to start the dough making process...cut the butter into small cubes and chuck it into the dry mixture...rub it in with your fingers until the mixture resembles dried breadcrumbs...

Beat the milk and egg together and make a well in the flour mixture...add the milk and egg liquid gradually and mix quickly to a soft dough...

Turn out onto a floured board and knead lightly until smooth...take rolling pin and roll it into a square, about 10mm (1cm) thick...

## **To make the filling:**

Mix all ingredients together and spread over the dough...try to keep 25mm (2.5cm) clear along the edges...roll up the dough like a Swiss roll and seal the edges with beaten egg (this is the extra 1 or 2 eggs you need) and water... Wrap lightly in greaseproof paper and refrigerate for about 30 minutes at the bottom of a fridge (make sure the temperature is 4° Celsius or less)... After 30 minutes, take it out the fridge and cut the dough into 25mm slices (so you'll have like sites of Swiss roll)...

## **To make your bread:**

Get out your No.3 Cast Iron (or similar with a 2.7 litre capacity) and grease the bottom with oil and butter...from the centre of the pot, place your dough slices and arrange them in a circle...keep the sides of the pot clear to allow the dough to rise and expand as it cooks...

Grease the inside of the lid with cooking oil or butter and cover the pot...place the whole pot over a small fire and put some coals on the lid as well...

Let this bake or about 20 - 30 minutes or until the bread is cooked...

When you're happy with it and it's cooked, turn it out of the pot and let it cool...

Serve with vegetables (preferably raw sticks of veg.) or salads...

There will be enough to serve you and maybe 5 friends as well...

**THIS IS WHAT IT SHOULD LOOK LIKE**



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