

# MIELIEBROOD EN VARIASIES



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375 ml (1½ koppie) melk

500 ml (2 koppies) mieliemeel

5 ml (1 teelepel) sout

50 ml (4 eetlepels) botter of margarien

3 eiers

10 ml (2 teelepels) bakpoeier

30 ml (2 eetlepels) suiker

30 ml (2 eetlepels) koekmeel

Verhit 250 ml (1 koppie) melk en meng orige melk met die mieliemeel, koekmeel en suiker.

Voeg aangemaakte meel, sout en botter by die warm melk en roer goed.

Laat afkoel en voeg die goed geklitste eiers en bakpoeier by.

Meng alles goed en gooi dit in 'n gesmeerde brood pannetjie.

Bak 30 – 40 minute lank in 'n matige oond by 180°C.

Dien vars op met botter gesmeer.

## CORN BREAD

375 ml (1½ cup) milk

500 ml (2 cups) Mealiemeal or Maizemeal or Semolina

5 ml (1 teaspoon) salt

50 ml (4 tablespoons) butter or margarine

3 eggs

10 ml (2 teaspoons) baking powder

30 ml (2 tablespoons) sugar

30 ml (2 tablespoons) cake flour

Heat 250 ml (1 cup) milk and mix the leftover milk with the meal, flour and sugar.

Add the mixed flour, salt and butter to the warm milk and stir well.

Allow to cool and add beaten eggs and baking powder.

Mix everything well and pour into a greased bread pan.

Bake for 30 – 40 minutes in a medium oven at 180°C.

Serve fresh and spread with butter.

The above mealie bread recipe comes out of an old recipe book. I experimented and offer the following additional Breads using the recipe, omitting the mealie meal.

#### MALTEBELLA BREAD

Substitute the recipe using Maltebella (Sorghum)

Soup mix (high Protein) Bread.

Use any dry beans, peas, soup mix or other. Soak 500 g overnight in cold water.

Place in blender, add a glass of water and pulse until consistency you prefer. (Short time for course, longer pulse for fine)

Cook and bake as described in recipe.

These breads are delicious and a healthy alternative.

#### MALTABELLA BROOD

Vervang die mielie meel met Maltabella (Sorghum)

Sop Mengsel (hoë proteïne brood)

Gebruik droë boontjies, etjies, sop mengsel of soortgelyk.

Week 500 g oornag in koue water.

Plaas in voedsel verwerker en voeg 1 glas water by. Pols totdat jy die gewenste tekstuur bereik. (kort vir grower en langer vir fyner)

Kook en bak soos in die reseep.

Hierdie brode is heerlik en 'n gesonde alternatief.

Recipe posted by Peter Ricken

Photo: Peter Ricken