



South African Recipes

"cooking with confidence"

Fruit bread

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Ingredients

- ½ Cup stampkoring
- 4 Cups brown bread flour
- 30 ml Golden syrup
- 60 ml Canola oil
- 10 g Dried Yeast
- 2 Rooibos tea bags
- 200 g Turkish dried Apricots
- Rolled oats

Method

- Make 1 L tea using the 2 tea bags. Allow it to steep well.
- Place stampkoring in pot and cover the stampkoring with water and bring to the boil. Cook uncovered for 10 minutes.
- Strain any excess water.
- Cut Apricots in ¼ and add to stampkoring.
- Add 750 ml hot tea. Allow to soak for 3 hours.
- Add the Flour, Yeast, Golden syrup and Oil. Mix by hand to a wet dough but not runny adding more tea if needed.
- Prepare a loaf pan 8 cm x 18 cm spread with butter and line with oats. The Oats will stick to the sides on the butter.
- Pour the dough in the pan and flatten then sprinkle with oats.
- Leave in a warm area to rise about 4 cm.
- Bake at 180°C for 45 – 60 minutes.
- Turn out and allow to cool.
- Slice and warm bread again best served warm.

Make 1 loaf