

New Zealand Maori Bread

Swompe says: Hope you enjoy this traditional Maori bread recipe. Very tasty!!

Ingredients

Place in a bowl:

2 cups flour

1 [dessertspoon](#) yeast

Instructions

Mix with warm water to form a batter and leave mixture in a warm place to rise for one hour.

Dough:

Place 4 [saucers](#) flour in a bowl and make a hole in the middle. Put in the hole: 1 dessertspoon salt, 4 dessertspoons sugar. Mix to a dough using warm water. Add the batter from before. Knead well and cover with a cloth. Put in a warm place to rise for about 6-7 hours. Turn oven to 150c or 300F. Put in the oven to warm through. Turn oven down to 120c or 250F. Knead dough again with a little extra flour if needed and break into four pieces. Knead again and put in oven until it rises. Switch oven to high for another 15 minutes until golden brown, then down again for another 1 hour. It should feel light to the touch. It's a little bit of mucking around, as with most breads, but the results are magnifique!!!

Yield: about 4 medium sized loaves.

Credits

Recipe shared by: Swompe