

# **Maize Bread**

## **Ingredients:**

1. ½ kg stone milled Maize flour
2. ±1 tsp salt
3. 1 tsp (±5g) dry brewer's yeast
4. ±600 ml distilled water for bread baking machine or ±620 ml lukewarm water for oven bake
5. 1 tsp (±5g) Xanthan Gum

**Note:** Water quantity - the dough needs to be thick or else the bread will rise in the oven but it might collapse during baking if the dough is too soft, i.e. with too much water.

## **Preparation:**

1. Weigh out 1/2kg of maize grain.
2. Set your stone mill to the desired setting; remember the mill must be switched on.
3. With the mill switched on pour the grain in the hopper.
4. Preheat your oven to 175 deg C.
5. Thoroughly mix all the dry ingredients.
6. Add the lukewarm water to the dry ingredients.
7. Knead/mix the dough for ± 5 minutes.
8. Pour the dough into the pre prepared and luke warm baking tin.
9. Allow the dough to rise in a ±35°C heated area, that will create a nice warm and cosy environment for the bread to rise.
10. Let the dough rise to almost double in height. Duration to rise; it all depends on the bread rising environment but normally it takes ± 30 minutes.
11. Gently insert the tin and risen bread mix in the oven.
12. Bake the bread for ± 55 minutes in the preheated oven.
13. Remove the bread from the oven, turn it out of the tin, and allow cooling down.
14. Makes 1 medium loaf of bread, ± 1kg.

Enjoy it &



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