

THE BOEREKOS KARRINGMELKBESKUIT

EPISODE 7 / *Alet*

METHOD

STEP 1 – DRY INGREDIENTS

- Sift together flour and salt.
- Add the sugar and give a good stir.
- Rub in butter until it resembles breadcrumbs.
- Grease two loaf tins with a little oil or butter.
- Make a well in the centre and add the eggs and then the buttermilk.
- Mix to form a thick scone-like textured dough.
- Roll into balls and place into the greased tins.

STEP 2 – BAKING

- Bake at 190 – 200 °C until risen and golden brown, about 1 hour. Turn out of pan and cool completely before breaking into rusks.
- Break into rough shapes.
- Turn down the oven to 100°C and return to the oven overnight or for about 6 hours.
- You can store these for months.

INGREDIENTS

5 cups PnP self-raising flour

Pinch PnP salt

250ml PnP sugar

250g PnP butter cubed and at room temperature

10ml PnP sunflower oil for greasing tin – can use butter

2 large PnP eggs

250ml PnP buttermilk

INGREDIENTS FOR VARIANTS:

Muesli

Aniseed

Nuts