



South African Garlic and Herb Steam Bread Recipe

Ingredients

- 3 Cups flour
- 1 Packet dry yeast
- 1 Tablespoon salt
- 1 Tablespoon sugar
- 2 Tablespoons dry mixed herbs
- 2 Tablespoons finely minced garlic

Instructions

1. Mix all the dry ingredients and garlic in a bowl and slowly add the water till it forms dough that is elastic, but not too wet.
2. Knead the dough, cover the bowl in clingfilm and allow to rise in a warm area for 45 – 60 minutes.
3. Knock down the dough before transferring it to a clingfilm lined colander or greased bowl.
4. Place it in a large pot half filled with boiling water to begin to steam the dough.
5. Steam the dough for 30 minutes to 2 hours in a covered pot, checking every so often that the water has not evaporated.
6. Allow the bread to cool before serving.