



INGREDIENTS

450 g lamb fat, cubed
300 g kam sausage
meat with herbs, meat
removed from casings
500 g (890 ml) cake
flour
10 g instant yeast
10 g salt
45 ml honey
45 ml olive oil
250 ml yoghurt
100 ml lukewarm water

Bread with kaiings

*We knew things were going well when my ouma spoiled us with kaiings,
butter and hot, fresh bread. Here is my ode to this heritage food.
Enough for 1 loaf*

Place fat in large saucepan over medium heat until it starts to fry. Increase heat and fry for 10-15 minutes or until all the fat is rendered and the cubes are golden brown and crisp. Strain hot fat onto a baking sheet with kitchen twiol. In same pan add lamb mince and stirfry untill crispy. Add to kaiings to also strain of fat. Place cake flour in a heap on your work surface and make a well in the centre. Place yeast, salt, honey and oil in the well, followed by yoghurt and water. Mix it all in with your fingertips until it forms a relatively stiff dough. Knead for 5-8 minutes or until smooth and elastic. Place in clean bowl lightly greased with oil, cover with plastic wrap and leave to rise 30-40 minutes in a warm place until doubled in size. Turn out, press flat and sprinkle half the kaiings and lamb meat over first third of dough. Fold next third over kaiings, sprinkle remaining kaiings over middle third and cover with last third. Shape dough into ball and place in breadbasket that has been lightly floured. Leave to rise about 20 minutes in a warm place until doubled in size. Preheat oven to 200 °C. Turn out risen dough onto baking tray sprayed well with non-stick cooking spray. Make three cuts with sharp knife in surface of dough and bake 25-30 minutes or until golden brown and cooked. Cool on wire rack and serve with butter.

