

Karringmelk Beskuit (Buttermilk Rusks)

Ingredients

- 1 kg white self-raising flour
- 2 tsp salt
- 2 tsp baking soda
- 500 grams buttermilk
- 2 eggs (large)
- 330 grams white sugar
- 250 grams butter

Instructions

Preheat the oven to 180°C/355F and grease two large loaf tins,

1. Weigh out the flour, then add in the salt and baking soda. Whisk these ingredients to remove any lumps from the flour and to distribute the salt, baking soda.
2. Melt the butter , add the sugar, whisk until the sugar is completely dissolved and the butter has thickened and is smooth and shiny. Allow the butter to cool slightly.
3. Whisk the eggs and the buttermilk, add the butter and buttermilk mixtures to the flour and mix with a wooden spoon until combined, Then using your hands knead the dough together a few times until you have a nice smooth dough. Divide the dough between your loaf tins .
4. Bake for 30-35 minutes , allow the beskuit to cool off before slicing them to your preferred size.
5. Remove the beskuit slices from pans and place on oven racks to dry out at 80° for between 4 to 5 hours.

Gesondheidsbeskuit (Health Rusks)

Ingredients

875g self Raising flour

1 1/2 cup Brown sugar

300g All Bran flakes

1 cup mixed seeds

1/2 cup cranberries

100g crushed almond nuts

1/2 cup coconut flakes

1 teaspoon baking powder

1 teaspoon salt

3 extra large eggs, lightly whisked

500ml buttermilk

500g melted butter

METHOD

Preheat the oven to 180C and grease a large oven dish with butter.

Mix all the dry ingredients together in a large mixing bowl.

Make a big hole in the centre and add the eggs, buttermilk and butter. Mix well using a wooden spoon or your hands until it forms a dough.

Place the dough into the oven dish and press evenly.

Bake for 30-40 minutes or until golden brown.

Once ready, remove from the oven and immediately turn out on a working surface.

Cut into finger shapes and place back onto the oven dish.

Dry in a 100C oven overnight or for at least 8 hours, leaving the oven door slightly open for moisture to exit. (I use a tsp) . Once completely cooled store in a airtight container.

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