



Kiwi Organics Chef's Choice

Polenta Cookbook

double corn bread

- 1 cup water, tepid
- 1 tbsp sunflower oil
- ½ cup butter milk
- 1 tsp honey
- 1 tsp salt
- 3 cups white bread flour
- 1 cup fine Kiwi Organics cornmeal
- 1 tsp yeast

To finish:

- ½ cup corn kernels, cooked and thoroughly drained
- ½ tsp chilli powder

Place the first nine ingredients in the baking pan in the order in which they are listed above. Set the programme to "DOUGH".

When indicated, add the corn kernels and chilli powder.

When the cycle has finished, transfer the dough to a floured surface and knead it for 2-3 minutes. You will now need 8 empty 425g tins cans that have been cleaned and thoroughly oiled. Divide the dough between the 8 tins, taking care not to cut yourself on the sharp edges. Cover the tins with a sheet of oiled clingfilm and leave them to prove until the dough has almost doubled in size.

Preheat the oven to 200°C/400°F/GM6. Removed the clingfilm and bake the tins in the oven for 20 minutes, or until the bread is golden. After about 5 minutes, carefully removed the bread rolls



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from the tins, transfer them to a wire rack and leave them to cool.

Note:

This bread can also be made from start to finish in the breadmaker. If you would prefer to do this, just set the programme to 'BASIC'. The reason why I cooked it in tin cans is because this is the traditional way to bake corn bread.

