

Recipe No. 36/2016

Stokbrood with Bacon Jam

translated as "bread-on-a-stick"

24 September is not only Heritage day in South Africa, but has become fondly known as National Braai Day. Braai being the South African word for barbeque. Started in 2005 by a man passionate about braaiing, Jan Scannell, or Jan Braai. Jan wanted to have a day where all South Africans gather around a braai and celebrate being proudly South African. Today's recipe will bring something special to your braai whilst still having the time to relax with family and friends. We have repeated this recipe from a few years ago as our Thermomix family has grown so tremendously.

NB: Suitable for both TM5 and TM31

Makes: 8 - 10

Preparation time: 15 minutes

Cooking time: Bacon jam - 1 hour 20 minutes, Stokbrood: 15 minutes

Ingredients

Bacon jam

250g rindless smoked streaky bacon, chopped
2 medium onions, peeled and quartered
10g olive oil
100g treacle sugar
1 sprig fresh thyme
80g white vinegar
1tsp smoked paprika
Freshly ground black pepper to taste

Stokbrood

360g flour
½ tsp salt
40g butter
1 x 10g instant dried yeast
2 Tbsp sugar
250g milk, warmed slightly
8 - 10 wooden skewers, soaked in water.



Method - Bacon jam

1. In a large skillet, cook bacon over medium-high temperature, stirring occasionally, until fat is rendered and bacon is lightly browned, not crispy. Strain bacon.
2. While bacon is cooking, Place onion in TM bowl. Chop **5 sec/speed 5**. Add oil. Sauté **7 min/100°C/speed 1**.
3. Add the sugar, thyme, vinegar, paprika and black pepper. Cook **2 min/100°C/speed 1**.
4. Add drained bacon to the TM bowl. Cook **60 min/90°C/spoon speed**. Transfer to a sterilized bottle, cool, then refrigerate.

Method - Stokbrood

1. Place flour, salt and butter into TM bowl. Mix **5 sec/speed 5**.
2. Add yeast, sugar and warmed milk. Mix **5 sec/speed 7**. Then knead the dough **2 min/knead**.
3. Place dough into lightly oiled bowl. Cover and leave in a warm place until double in size.
4. Knock down the dough then roll out on a floured surface into a 1cm thick square. Using a sharp knife, cut 8 - 10 x 5cm strips of dough and wrap a strip of dough around a skewer, leaving enough skewer visible to hold safely over a fire. Repeat with the remaining pieces.
5. Place the bread onto a grid over hot coals but not in the flames. When lightly browned, turn the stokbroods to cook further until all sides are golden brown. Once cooked, brush with melted butter and serve with bacon jam.

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