

Recipe No. 27/2017

Buttermilk Rusks

You can easily make your own rusks with the Thermomix. A simple low-cost recipe, you'll know exactly what goes into your rusks. Great for dunking into tea or coffee! This recipe comes from the South African Odyssey Cookbook

NB: Suitable for both TM5 and TM31

Preparation Time: 15 minutes

Baking time: 1 hour, plus 4 hours to dry out

Makes: 36

Ingredients

500 g self-raising flour
150 g sugar
1 tsp salt
60 g desiccated coconut (optional)
130 g butter, cut into small pieces
250 g buttermilk
1 egg
1 tsp vanilla essence



Method

1. Preheat Oven to 180°C. Grease 25x10-cm loaf tin.
2. Mix flour, sugar, salt and coconut **5 sec/speed 4**.
3. Add butter. Mix **10 sec/speed 6**.
4. Add buttermilk, egg and vanilla. Mix **20 sec/speed 5**.
5. Press into loaf pan and bake for 1 hour until cooked.
6. Turn out and cool completely.
7. Cut into slices. Place on tray in oven and dry out either 4 hours at 100°C, or overnight at 50°C. Once dried out completely, cool and then store.
8. Keeps up to 2 weeks in a sealed container.

Cook's Notes

- Replace vanilla essence with almond essence.
- Add grated orange zest to the flour.

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