

Sweet Potato Seed Loaf

This recipe was submitted by Cape Town consultant, Laurille Krug. This bread is delicious, healthy, and so easy to make!

NB: Suitable for both TM5 and TM31

Active Time: 15 min
Cooking time: 55 min
Makes: 1 loaf

Ingredients

500 g Sweet Potato, scrubbed/peeled and chunked
60 g water
1-2 tsp salt
100 g seeds of your choice
400 g flour
7 g dried yeast



Method

1. Place sweet potato chunks in bowl and chop **6 sec/speed 5**.
2. Add water and cook **10 min/90°C/speed 1**.
3. Open lid and cool mixture completely (at least to 37°C).
4. Add salt, seeds, flour and yeast, then **5 min/knead**.
5. Put in greased Loaf Tin, cover with dishcloth and allow to rise until doubled in warm place (+/- 1 hour).
6. Bake for 30-40 minutes at 160°C until well browned. Should make a hollow sound when tapped.

Cook's Tip

- The amount of water depends on the type of flour used – Wholewheat flour or Buckwheat flour will require slightly more liquid.
- The freshness or dryness of the sweet potato will also influence the water ratio.
- More water / flour can be added at any point of the kneading process. Dough must be sticky, but not wet.

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