

AFRICAN RELISH HEALTH RUSKS

We are constantly being asked for our rusk recipe at African Relish. Local visitors are already keen on this delicious treat, but some of our foreign guests become converts after just one rusk with their morning coffee. We bake the rusks in big batches whenever there's a gap in one of the cooking school's ovens. They are served with coffee and tea during classes, and as a snack on cycle tours and foodie or foraging outings. Accommodation guests are always treated a tin or jar of rusks in their cottages. When our café and shop opens in October this year, they will be on the shelves for people to take home along with their memories of Prince Albert.



1 kg self-raising flour
500 ml nutty wheat flour
15 ml baking powder
1,250 ml All Bran Flakes
250 ml seedless raisins
250 ml chopped nuts of choice
500 g butter
500 ml sugar
3 eggs
650 ml Gay's Guernsey Dairy Amasi

Preheat the oven to 180°C.

Place both measures of flour, the baking powder, bran cereal, raisins and nuts in a bowl.

Melt the butter in a saucepan, add the sugar and stir until dissolved then set aside to cool.

Beat the eggs, add the amasi and mix well.

(For this step, you can add 650 ml of Bulgarian yoghurt as a substitute for the amasi.)

Add the egg and dairy mixture to the melted butter and sugar.

Make a well in the centre of the dry ingredients and pour in the liquid, mixing well to form a wet dough.

Pack the dough into greased loaf pans and bake for 40 minutes until done.

Cool for at least 2 hours before cutting into rusk-sized pieces.

Lay the rusks out on a baking tray so that they don't touch.

Dry in a warm oven (80-100°C) overnight.

Store in airtight container.



Telephone: +27 23 541 1381

Mobile: +27 72 582 8749

Enquiries: virna@africanrelish.com