



SWEETCORN POT BREAD

Make a big fire to produce coals, and grease a heavy-based cast iron pot very well with butter.

Mix the dry ingredients in a mixing bowl. In another bowl, mix egg, onion, sweetcorn and buttermilk. Combine the wet and dry mixtures and stir to mix well. Pour the mixture into the pot, put the lid on, place it on a bed of coals and put a few coals on the lid too. Bake for 30 minutes and supplement the coals to keep an even temperature.

After 30 minutes, check if the bread is done; the temperature of the coals will determine the baking time. Serve with curry butter and coriander pesto.

Makes 1 large pot bread

40 ml melted butter
400 g cake wheat flour
100 g polenta or maize meal
10 ml baking powder
5 ml bicarbonate of soda
5 ml paprika
5 ml ground cumin
5 ml salt
2 large eggs, lightly beaten
1 white onion, finely chopped
1 tin (410 g) sweetcorn
360 ml buttermilk or plain yoghurt

CURRY BUTTER

Combine the ingredients in a bowl and mix well. Spoon the mixture onto a sheet of cling wrap and form into a log. Wrap tightly and refrigerate for 2 hours or until firm.

Serves 4-6

120 g salted butter, softened
5 ml strong curry powder
zest of 1 lemon

CORIANDER PESTO

Place coriander in the bowl of a food processor and process until finely chopped. Add garlic, Parmesan, cashews and lemon zest, and process until incorporated. Add olive oil and process until almost smooth. Season with pepper.

Makes 1 small jar

bunch of coriander stems and leaves,
roughly chopped
2 garlic cloves, finely chopped
30 ml grated Parmesan
60 ml toasted unsalted cashew nuts
5 ml lemon zest
120 ml olive oil
freshly ground black pepper to taste