Bread Recipes

BANS

Ingredients

3 cups flour

A teaspoon yeast

4 tablespoons sugar

A teaspoon salt

A cup of lukewarm milk

50g butter/oil

One egg

PROCEDURE

Mix egg, milk, sugar, salt, yeast butter and give a quick stir let it sit for six minutes or ten minutes.

Add dry ingredients knead till it doesn’t stick, cover for 40mins or 50mins in a warm environment.

Make rolls cover again for 20mins or 30mins to rise again get an egg and milk mixture like four spoonsful or five and make a mixture and glaze them.

Bake for 20minutes at 200°C.

COOKIES

Butter cookies

Ingredients

220g of plain flour

1 tea spoon of baking powder

800g of butter

100g of icing sugar

½ an egg

½ a tea spoon of vanilla essence

PROCEDURE;

1-Preheat oven at 180°C, and lay a baking tray with baking sheets.

2-Sift flour and baking powder together.

3-Rub fat into flour using your fingertips until the mixture resembles breadcrumbs texture.

4-And sugar and mix well.

5-Add a beaten egg and vanilla essence and mix to a soft pliable dough.

6-Knead and roll out on a floured board, cut with your cutest cookie cutter.

7-Once you are done, send them into the oven and bake for 15mins, or until the cookies turn light brown.

DADDIES/MANDAZI

Ingredients

-8 cups of flour

-1 cup of water

-8 tablespoons of melted butter

-8 teaspoons of baking powder

-1 teaspoon of tea masala/mixed spices/ginger

-8 tablespoons of sugar

-2 lemons (juice⅓ a cup and zest)

-4 eggs beaten (not for business)

PROCEDURE;

Mix flour, baking powder and tea masala set a side. In a different bowl, put milk, water, butter, sugar and lemon and mix until well combined. Add your dry ingredients to wet ingredients and mix well until you form a dough. Let it sit and rest for at least 30mins covered. Roll and make mandazi or daddies.