



**NOURISHING OTHERS**

This weeks recipe by: "BRIDE to BE" Caitlin Shimmin

- DIRECTIONS**
1. Please print this document onto a very thick paper stock.
  2. Cut out the card below along the dotted lines.

**SUMMER BRAAIS**

*Mielie Bread by Caitlin Shimmin*

*A recipe to impress! Perfect for a Sunday lunch with family and friends. Best served smeared with butter, a braaied chop and a crisp salad.*

- No. **1** Sift {Flour & Salt}
- No. **2** Add the Corn {including the liquid from the tin} & the Buttermilk Mix together.
- No. **3** Prepare a loaf tray by spraying it with olive oil or "Spray & Cook". Pour mixture into the tin & top with the grated cheese
- No. **4** Bake in a preheated oven for 1 hour at 190°C Let it cool and serve.

**SHOPPING LIST**

(QTY)	(INGREDIENT)
500g	SELF RAISING FLOUR
2ml	SALT
410g Tin	WHOLE KERNEL CORN
200 ml	BUTTERMILK
1 Handful	CHEDDAR CHEESE



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