

OLD JOE'S KAIA GUESTHOUSE

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Red Onion and Beer Bread

Mix together: 800 g white cake flour
200 g brown cake flour ("Nutty Wheat")
7.5 ml salt
10 ml sugar
10 g dry yeast (1 sachet)

Fry in oil: 2 medium chopped red onions
until glazed and slightly browned
(Use normal white onions, leeks or spring onions if red ones aren't available)

Add to the onions: 250 ml boiling water
2 beers (340ml each) at room temperature

Mixing:

- Add the onion mixture to the flour mixture and mix thoroughly until the batter is smooth and elastic. (An electric mixer works well.)
- Leave the mixture in a warm place to double in size, then mix again to knock back.
- Set the oven to 190°C.
- Divide between 2 bread tins, allow to rise to the top of the pans.
- Bake for 45 minutes—the bread must sound hollow when tapping the side of the tin
- Stand for 5 minutes before turning out onto a damp cloth and wrapping up until completely cool.