



Fruited Cornbread with Macadamias

The Ingredients

To make 9 Loaves or approximately 80-90 small rolls

2kg Flour (strong wheat)

20g Yeast

40g Salt

160g Raw Sugar

800g Polenta (use in the proportions -1 polenta to 7.5 of water, bring water to the boil and whisk in the polenta – leave to cool before use)

500g Macadamia Nuts

740g Milk

800g Jumbo Raisins

The Method

- Mix the flour, yeast, salt, raw sugar, polenta and milk to form a dough
- At the last stage, add the Macadamia and sultanas and mix in well so they are evenly distributed throughout the dough
- Bulk proof for two hours and when the dough has doubled in size scale into 450gram portions
- Leave for a short intermediate proof of approximately 15 minutes.
- Take each portion, flatten dough and then fold over length ways before rounding into a smooth ball
- Place the dough in a prover or leave in a warm, draft free place for about 45 minutes
- Dust with flour and slash 3 cuts in each direction at 90 degrees
- Bake in a bread oven at 220-225°C for 25-35 minutes

To make small rolls, use approximately 50gm portions and mould in the same the way