



Emily's Soweto Olive Bread

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Ingredients

Dough:

- 720 g cake flour
- 260 g whole-wheat flour
- 20-30 g instant yeast
- 15 ml sugar
- 15 ml salt
- 1 litre lukewarm water
- 50 g butter

Filling:

- 250 ml Tapenade

Glaze:

- 10 ml salt
- 10 ml maizena
- 10 ml water

Method

Beforehand: Grease the following bread pans with margarine and dust with flour: two pans of 325 x 75 x 75 mm.

1. Mix cake flour with whole-wheat flour, add yeast, sugar and salt, and mix well. Make a well in the center and pour 750 ml water into the well. Use your hands and mix to form a dough. Note: The dough must not be too sticky or too dry. Add more water, not more than a teaspoon at a time to obtain this result.

2. Transfer the dough to a working surface, which has been dusted with flour. Some of the dough will stick to your hands. Use a quarter of the butter and grease your hands. Continue kneading and repeat with the rest of the butter. Total kneading time 12 to 15 minutes or until the dough is completely elastic. Shape the dough into a ball.

3. Grease a large mixing bowl lightly with extra butter. Add the dough and flip the dough over. It is important that the dough should be covered in a thin film of butter. Cover the bowl with a damp tea towel. Allow the dough to rise in a draft free environment. Note: the dough must only prove for about 10 minutes. It must NOT double in bulk.

4. Knock the dough back and divide into two equal parts. Use a floured rolling pin and roll each piece into a rectangular shape of about 10 mm thickness. Note: the short side must be as long as the length of the loaf pans.

5. Divide the tapenade between the two pieces of dough without spreading it on the outer 5 mm. Roll up like a Swiss roll and crimp the seams by using a little water or egg white. Do not seal the sides. Place the seam side down in the loaf tins.

6. Cover once again with a damp cloth and allow to double in bulk – about 15-20 minutes. Preheat the oven in the meanwhile to 200 degrees centigrade.

7. Glaze: Mix the salt, maizena and water to a paste and brush carefully over the surface of the risen dough. Place the pans carefully into the oven and bake for 5 minutes. Reduce the heat to 180°C and bake for a further 40 minutes. To test for doneness, tap the bread; it must sound hollow. Transfer to a cooling rack, turn out and allow to cool.