

Prep: 1hr Time: 3hr30min Serves: 4

## Ostrich sausage chutney

Heat oil and add onions, cumin and cardamom seeds.

Once onions are soft and translucent, add reduced grape juice syrup. Saute onions in grape juice for about a minute, then add chopped tomatoes. Add a little water to help tomatoes cook down. Once tomatoes have become pulpy, add cinnamon.

Add chutney when tomatoes and onions have assimilated.

Stir in green beans and sausage. Warm through.

Add chopped coriander just before serving.

## Dried fruit mielie meal bread

Mix mielie meal and water in a small bowl. Allow to soak for 30 minutes.

In a large bowl, mix 2 cups of flour with yeast, sugar and salt.

Combine milk and butter in a microwave-safe cup. Microwave for 1 minute and allow to cool.

Make a well in middle of flour mixture. Pour in soaked mielie meal and warm butter and milk. Stir until blended well and add dried fruit.

Add flour until dough is tacky to the touch but not sticky.

Remove dough from bowl and knead for 10-12 minutes until smooth and shiny. Place in a clean and oiled bowl, cover with plastic wrap and allow to rise until double in size (about 90 minutes).

Remove dough from bowl and gently punch down. Shape and cover with plastic wrap or a moist towel. Allow to double in size again (about 50 minutes).

While the dough is rising again, preheat oven to 220 degrees.

Glaze loaf with an egg wash made from remaining yolk, water, salt and sugar. Score top of bread and place in oven.

After 5 minutes, reduce oven temperature to 180 degrees. After 15 minutes, rotate loaf so it will bake evenly.

The bread is done if it sounds hollow when tapped or reaches an internal temperature of 85 degrees. This may take around 40 minutes.

Allow loaf to cool for at least 30 minutes before slicing.



## Ostrich sausage chutney and dried fruit mielie meal bread

by Saaleha Bamjee (Electric Spaghetti)

## Ingredients

### For the ostrich sausage chutney

Vegetable oil  
1 red onion, sliced  
1 tsp whole cumin seeds  
2.5ml cardamom seeds, removed from their pods  
250ml red grape juice, reduced to a light syrup  
3 tomatoes, deseeded and chopped  
2.5ml ground cinnamon  
3 tbsp PnP hot chutney  
1 cup green beans, cooked  
500g ostrich sausage, braaied and cut into small pieces  
Generous handful of fresh coriander, chopped

### For the dried fruit mielie meal bread

1 cup mielie meal  
Half cup water  
2-3 cups flour  
2 tsp instant yeast  
1 tbsp sugar  
1.5Å tsp salt  
1 cup milk  
2 tbsp butter  
1 cup chopped dried fruit  
1 egg yolk  
1 tsp water  
1 pinch salt  
1 pinch sugar