



GOLDEN BREAD: PÃO DE OURO

Recipe for 44 small breads

- 3 cups (each 300 ml) or 950 grams of boiled and mashed orange-fleshed sweetpotatoes (cooked and peeled before mashing) *or* re-hydrate 350 gms of dried orange-fleshed sweetpotato chips (to re-hydrate: (soak in water 20 minutes, then boil until soft enough to be mashed)
- 1.5 kgs wheat flour (you will need some extra flour for the kneading process)
- 2 level match boxes or 2 tablespoons of yeast
- ½ teaspoon of improver (product sold especially for bread making) *optional*
- 1 teaspoon of salt (minimize as salt makes the bread rise less)
- 1 liter of water (approximate)

Method of Preparation

1. Begin warming the oven (180° Centigrade) or light the charcoal in charcoal oven.
2. Wash 5 medium size (225 grams each) of orange-fleshed sweetpotatoes and cook them in boiling water. Peel and mash.
3. Mix together the wheat flour, yeast, improver and salt.
4. Add the mashed sweetpotato to the flour mixture and mix again.
5. Add half the water and knead well during 5-10 minutes.
6. Continue adding water little by little, continuing to knead, until the mass does not stick to your hands.
7. Make the bread into the buns of the size you want. It is not necessary, nor desired to let the mass rise before making into buns.
8. Cover the buns with a cloth and leave to rise for 25 minutes in a warm place, for example in the direct sunlight outside.
9. Put a small amount of wheat flour on the base of the sheet where the breads will be baked before placing the raw buns on top.
10. Cook in a hot oven (180° Centigrade).