

HUNTERS POTBROOD

Here is an easy recipe for a really cool potbrood, so easy even I can make it!

This was my very first attempt to make a potbrood, and I never burned it!

Try this it is easy to make!



Here is what you need, not much really at all, I am a fitness freak and also am NOT allowed any animal fats in my diet due to family cholesterol troubles,

- Salt
- Extras like onion, cheese or whatever you want to add

- Packet onion soup or gravy powder
 - Self raising flour 500g
 - 1 Beer (I used alcohol free)
 - Baking powder

HOW TO MAKE IT

Ok, throw all the dry stuff in a bowl, and take a pinch of salt and a teaspoon of baking powder, mix all together with a tin of beer and before you start with clean hands throw cooking oil over your hands before you mix all the stuff together with your fists. This stops it sticking to your hands.

When its all mixed well, put in a oven - pre warmed heat of 250 degrees, pop the roll of dough in a pot and make it about 3 inches thick with a flat top to it.

Pop into an oven in the pot and put the stove on 220, leave for an hour. Watch it in case it begins to burn.

Use spray and cook in the bottom of the bowl to stop the bread sticking.



Take it out
after an
hour and
enjoy!

Mix in
onions,
cheese,
meat etc,
to give it
flavour, I
use
onions, it's
great!

Throw
in a pot
and

cover with coals on a fire also!