

# CREAMY MILK TART POT BREAD

Prep time: 1 hour 10 minutes

Cook time: 15-20 minutes

Serves 4 people



## INGREDIENTS

### FOR POT BREAD

5ml yeast

2¼ cups warm water

¼ cup sugar

1 tablespoon salt

5½ cups bread flour

1 teaspoon butter

2 tablespoons oil

### FOR MILK TART SAUCE

1 tin condensed milk

3 “condensed milk tins” of milk

2 extra-large eggs

Pinch of salt

1 teaspoon vanilla essence

20ml cinnamon powder

Small bottle of creamy liqueur

## INSTRUCTIONS

1. Sift the flour and salt together. Rub in butter with fingertips until the mixture resembles fine breadcrumbs.
2. In a separate bowl, combine the warm water, oil, sugar and yeast. Leave for about 10 minutes until the yeast is activated (the mixture starts to pop and becomes frothy), then add it to the flour and combine.
3. Turn out dough onto a lightly floured surface. Knead for about 5 minutes or until dough is smooth and elastic. Place dough in a greased, large bowl, cover and let stand in a warm place for about 15 minutes or until doubled in size.
4. Turn out dough again onto the floured surface and knead until smooth. Shape the dough into balls and place them into a greased, cast iron or enamel-coated pot. Cover with a cloth and let it stand in a warm place for about 30 minutes or until well risen.
5. Preheat oven to 230°C. Make sure to only put on the outside burners and place your pot in the middle of your braai to help regulate the heat.
6. If you're using a charcoal braai, make sure to put your bread in a cast iron pot. Place the pot on the braai, close to the coals. You can also place 1-3 coals on the lid of your pot to mimic an oven. Make sure that you regularly turn your pot if you're using a charcoal braai or open fire to prevent your bread from burning.
7. Brush the top with water and bake on the braai for 15-20 minutes until cooked. Depending on the size of the dough balls, it might cook faster. Make sure to keep an eye on your bread to prevent it from burning.

### MILK TART SAUCE

1. In a pot, mix the condensed milk, milk and eggs together.
2. When the mixture starts to thicken, add the rest of the ingredients.
3. Make it your own and add any creamy liqueur to the sauce
4. Serve the pot bread with sauce.