



UNIT 7 - Recipe 8

Australian Bush Bread

for 4 - 6 persons

Quantity / Ingredients:

200 g wheat flour

(with a mixture of $\frac{1}{2}$, $\frac{1}{2}$ of the flour types it becomes spicier, can also be only wheat flour can be used if desired. With only wheat flour please only use 100 g almond milk and 1 sachet of baking powder, everything else remains the same).

1.5 pk. baking powder

100 g Macadamia nuts, unsalted, roughly chopped

100 g vegan buttermilk

150 g almond milk

1 tsp Macadamia oil or other nut oil

1 tsp salt

1 tbsp Tasmanian berries (i.e. red peppercorns)

1 tbsp herbs, dried or fresh, chopped (rosemary, thyme, basil)

Tip: 50 g dried tomatoes, roughly chopped, can also be added

Preparation:

- Place the flour, baking powder, herbs, red peppercorns and salt in a bowl.
- Make a well in the middle, pour in the buttermilk, almond milk and oil and mix everything together. Then knead on a floured surface with the coarsely chopped macadamias until the dough is smooth.
- Shape into an oval loaf and leave to rise on a baking tray lined with baking paper for 30 minutes. (This can be omitted if using wheat flour only).
- Score the top of the loaf 4-6 times with a knife. Brush with milk or water and bake in a preheated oven at 180 degrees for approx. 50 minutes. Place a cup of water in the oven for baking.
- Remove the bread and leave to cool.
- Cut the bread into slices. Top each slice with avocado cream.

Recommendation:

- Australians like to drink black tea with a dash of milk, sugar if desired

Avocado creme

for 2 persons

Quantity / Ingredients:

1 ripe avocado

1 tbsp olive or nut oil

30 g vegan cream cheese

juice of $\frac{1}{2}$ lime

1 pinch of salt

1 pinch of ground pepper

Preparation:

- Halve the avocado and peel out of the skin with a spoon, mash with a fork and sprinkle with lime juice.
 - Mix with the cream cheese, oil, salt and pepper to make a cream.
- Tip:
- Chili flakes or finely chopped chili can also be added.



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