

# Beetroot and fetta bread

## Ingredients

- 1 ½ cups warm water
- 2 tsp (1 sachet/7g) dried yeast
- 1 tsp caster sugar
- 4 cups plain flour
- 1 tsp salt
- 2 tbsp extra virgin olive oil
- 50g fetta, crumbled
- ¼ cup (25g) walnuts, toasted
- 1 tbsp pistachios, chopped

### Beetroot Jam

- 2 medium beetroot, peeled, grated
- 2 tbsp caster sugar
- 2 tbsp red wine vinegar





# HEAL

HEALTHY EASY ACCESSIBLE LOCAL

## FOODS

## Method

**Step 1 –** Combine water, yeast and sugar in a bowl. Set aside for 5 mins or until frothy.

**Step 2 –** Combine the flour and salt in a large bowl. Make a well in the centre. Our yeast mixture into the well with the oil. Use a round-bladed knife to stir until a sticky dough forms. Turn into a lightly floured surface and knead for 10 mins or until smooth. Place dough in a large greased bowl. Cover and set aside in a warm, draught free place for 1 hour or until dough doubles in size.

**Step 3 –** Meanwhile, to make the beetroot jam, place a medium frying pan over medium-high heat. Add the beetroot, sugar and vinegar to the pan and cook, stirring for 5-7 mins or until the mixture thickens and liquid evaporates. Season. Set aside to cool.

**Step 4 –** use your fist to punch down the dough. Turn dough onto a lightly floured surface. Using a rolling pin to roll out to a 30cm x 40cm rectangle. Spoon beetroot mixture evenly over the dough. Sprinkle with feta and half the walnuts. Starting from one long end, roll up the dough to form a log.

**Step 5 –** preheat oven to 220C. Line large baking tray with baking paper. Cut the log in half lengthways to expose layers and twist 2 halves together then join the ends to make a round loaf. Set aside for 15 mins to rise.

**Step 6 –** Bake loaf for 10 mins. Reduce to 180C. Bake for further 20-25 mins or until loaf sounds hollow when tapped.

**Step 7 –** Transfer to serving plate. Sprinkle with pistachios and walnuts. Enjoy!

