



STOKBROOD

THE TRADITIONAL BRAAI FOOD

SERVES	6-8
PREP TIME	5 MINUTES
COOKS IN	30 MINUTES
DIFFICULTY	EASY

Stokbrood is a traditional favorite for old and young. Everyone, especially children, enjoy watching their bread turn golden brown on the flames, whilst the smell of fresh bread fills the air.

INGREDIENTS

- 1kg fresh bread dough from your OK Bakery section.
- 6 to 8 straight sticks, about 40 to 50 cm long and 2 to 3 cm thick.
- Optional extras:
 - Butter
 - Jam
 - Sausage or Boerewors
 - Cheese

METHOD

- First prepare your sticks by carefully removing the bark on the one end with a knife and cleaning the areas that you will be covering in dough; 15 to 20cm should be sufficient. (If you are harvesting the sticks from nature, please assure that the wood is not poisonous.)

- Divide the dough into 6 to 8 portions and roll into balls.

- Dust with flour and roll the balls into thick snake shapes of around 20 to 25cm each.

Now twist the dough around the cleaned sections of the sticks.

- Hold the stick over a medium fire for approximately 30 minutes or until the dough has a golden brown colour. Be careful to not hold the sticks too close to the fire, as they may burn.

- Once cooked, remove the sticks from the fire and let it cool down for 5 minutes before removing the bread from the sticks. Fill and/or serve with any of the optional extras listed above, your own favorite fillings or enjoy as is.