

Takakau (Maori Fried Bread) - two recipes, equally delicious

Great to share at Playcentre for Matariki

Real Takakau has no rising agent (i.e. baking powder) just flour and water. This recipe is quite large in quantity of flour used. It can be prepared and baked 35 minutes before a main meal is served or serve hot or cold with butter, jam and a cup of tea.

Ingredients for Takakau (Maori Bread): serves 20

- 5 cups flour
- 5 teaspoons baking powder
- 600mls milk (approximately)

Preparation of Takakau (Maori Bread):

Pre-heat oven to 400° F (200°C)

Sift flour and baking powder into a large bowl.

Make a well in the centre and pour in milk, combine mixture together.

Turn out onto a floured bench and knead gently with floured hands.

Roll to a flat round shape.

Ideally lightly flour a round pizza tray and knead dough into the tray and to the inside of the edges.

Bake for approximately 30 minutes or until golden brown.

Serve hot and/or allow to cool. Leftovers when cooled can be covered with a damp tea-towel and/or stored in an airtight container.

Takakau Maori Bread –

- **3½ cups self raising flour**
- **½ teaspoon salt**
- **cold water to mix**
- **good quality oil for frying**

How to make it

- **In a large bowl measure the flour, then add salt, gradually add enough cold water to make a soft dough, mix through with a wooden spoon, but try not to over mix, as this can make them stiff and flat.**
- **Turn dough out onto a lightly floured surface and push or roll dough out to 1½cm thickness.**
- **Cut into the desired size, then place each piece into the preheated hot oil and fry until golden on both sides and twice the size.**