

Cooking for the Cape...

Puftaloons - A Bread Substitute For The Trip To The Cape!

This is a really versatile recipe. You can cook it on the campfire for afternoon tea and smother it in golden syrup or cook it as a bread for the day and serve it with your bacon and eggs in the morning.

Ingredients:

- ☞ 2 cups of self raising flour
- ☞ ¼ teaspoon salt
- ☞ 2 teaspoons butter or margarine
- ☞ ¾ cup milk

Method:

- ☞ Mix flour and salt
- ☞ Using fingers, rub butter or margarine into flour till it looks like breadcrumbs – just a little, no big lumps
- ☞ Make a well in the centre and mix in milk to form a soft dough
- ☞ Knead lightly
- ☞ Roll or pat out into 2cm square and cut into rounds with a cutter or a knife
- ☞ Heat some oil on the lid of the camp oven – (not a lot, this is not deep frying)
- ☞ Cook the puftaloons until golden and fluffy turning over as needed
- ☞ Best served hot...enjoy!!!

Tip:

Cook your bacon first then use the fat left behind in the pan from instead of oil, which will give the Puftaloons a really yummy flavour!!!

