

“Economical” rusk

This delicious recipe has been in our family for many years and timeously more ingredients were added. The name of this rusk was given since the only liquid used was water. I remember as a child enjoying this treat with only the basics added. Since then I have included seeds and cranberries which gives extra texture and flavour. Definitely not economical anymore as cream and double cream yogurt were also added. Regardless of all the additions, this recipe will always bring happy memories of family and childhood – Anné-Lize

Ingredients

600 g whole wheat flour
480 g cake flour
375 g Treacle sugar
315 g All Bran, finely crusted with rolling pin
240 g oats
75 ml baking powder
12,5 ml bicarbonate of soda
10 ml salt
625 g butter, melted
40 ml white vinegar
1½ cup raisins/sultanas/cranberries
1 cup sunflower seeds
1 cup flax seeds
1 cup water
1 cup full cream
1 cup Amasi or double cream yogurt



Preheat oven to 180 °C

Mix all the ingredients together except for the butter, vinegar and water.

Mix the melted butter, vinegar and water together and add to the rest of the ingredients.

Cut your dough into the size you would like and bake for 45 – 60 minutes until golden brown.

Remove your rusk and dry the rusk at a low temperature for 2 hours.