



South African Recipes

"cooking with confidence"

Maize snack

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Ingredients

- 125 ml Maize meal
- 160 ml Cake Flour
- 5 ml Baking Powder
- Pinch of Salt
- Double cream yoghurt to form a stiff but workable dough

Method

- Mix all the dry ingredients and add the yoghurt and knead to a firm dough.
- Roll to a thickness of 1 mm.
- Place on Teflon sheet on baking tray.
- Sprinkle with desired topping.
- Bake till start to get light brown at edges at 200°C
- If a harder texture is required it can be broken and dried for 10 minutes at 120 °C
- leave till cool and serve