

# Rēwena (Māori Bread Recipe)

## Bug (starter)

The bug can make several loaves of bread, and like a sourdough starter it will need to be 'fed'. This should be done with 1/2 cup warm water one day and 1 teaspoon of sugar the next. Before making the bread the bug will need to ferment for at least 24 hours.

## Ingredients

- 1 teaspoon sugar
  - 1 cup of water
  - 2 cups of flour
  - 1 medium potato, diced
1. Boil the potato in the water (without salt) until soft and leave to cool.
  2. When lukewarm, mash the potato and water and mix in the flour and sugar.
  3. Add more warm water if needed to make a batter.
  4. Cover and leave in a warm place to rise for a day – the batter will smell yeasty and have small bubbles on the surface.



## BREAD

### Ingredients

- 5 cups of flour
- 1 tablespoon salt
- 1 tablespoon baking soda
- 1 to 2 teaspoons of sugar
- 1 cup of your rēwena bug

### Making the bread

1. Mix flour and salt into a large bowl.
2. Make a well in the centre.
3. Place the rēwena bug in the middle of the hole and sprinkle baking soda over all
4. Knead lightly for 10 to 15 minutes folding the dough over and over
5. Add more water if mixture feels too firm
6. Roll into a ball, and cover and leave to rise for a few hours or overnight
7. To make the dough rise faster leave it in the warming drawer of the oven or on a shelf in the sun
8. Sprinkle flour over a baking tray to prevent sticking and lightly spray the bread with liquid oil
9. Bake at 200 degrees Celsius for approximately 40 minutes
10. The cooking time will depend on how thick your bread is. Test if the centre of the bread is cooked by inserting a knife.
11. Rēwena bread is delicious with just a bit of butter, or eaten with a soup or stew. YUM!