

## Bovril Roosterkoek

### Ingredients:

- 300g white bread flour
- 3 tsp sugar
- 1 tsp of salt
- 10g instant yeast
- 180ml-200ml lukewarm water
- 30ml sunflower oil
- Butter, cut into 1cm cubes
- 6 tsp Bovril
- Cheddar cheese, cut into 1 cm cubes

### Method:

1. Combine the flour, sugar and salt and sprinkle the instant yeast on top.
2. Add the oil and just enough lukewarm water to form a stiff dough.
3. Knead the dough until it is elastic and no longer sticks to your hands.
4. Place the dough into a lightly greased bowl, cover with a damp cloth and leave to rise in a warm place until doubled in size, about an hour.
5. Knead down and shape into medium sized balls, about 5-6.
6. Flatten out the balls and place a cube of cheddar cheese, a cube of cold butter & a teaspoon of Bovril into the center of each ball and press to close tightly
7. Sprinkle with a little flour and allow to rise for another 30 minutes.
8. Cook over a slow fire until done crispy on the outside and slightly hollow sounding.
9. ENJOY!