

UPSIDE-DOWN BRAAI BAKES SERVED 2 WAYS

Serves 6-8 per bake

Hands-on time: 20 minutes

Hands-off time: 90 minutes

INGREDIENTS

1 cup White Star Super Maize Meal

$\frac{3}{4}$ cup self-raising flour, sieved

2 cups plain double cream yoghurt

$\frac{1}{3}$ cup vegetable oil

For the cinnamon apple:

2 medium green apples, thinly sliced

$\frac{1}{2}$ cup melted butter

$\frac{1}{2}$ cup brown sugar

1 tbsp ground cinnamon

For the boerie & onion:

1 medium red onion, thinly sliced

400g raw boerewors, thinly sliced

$\frac{1}{4}$ cup melted butter

$\frac{1}{4}$ cup balsamic vinegar

METHOD

1. Pre-heat a lightly greased 23cm cast iron pot on a braai stand over hot coals. **Chef's Tip: Bake in the oven at 190°C for 45-50 minutes, if preferred.*
2. In a medium-sized mixing bowl, combine the White Star Super Maize Meal, self-raising flour, plain yoghurt and vegetable oil until a smooth batter is formed. Set this aside until needed.
3. In another mixing bowl, combine the ingredients of your chosen flavour. Toss the ingredients and ensure they are well coated.
4. Cover the base of the pan with a sheet of baking paper then arrange the chosen filling onto the bottom of the pre-heated cast iron pot in an even layer.
5. Spoon the prepared batter over the chosen filling ensuring the filling is completely covered.
6. Carefully cover the pan with foil and bake on a braai stand over the coals for about 1 hour 15 minutes, shifting the pan every 10 minutes. **Chef's Tip: Temperature control of the coals is very important.*
7. Once baked, remove the foil and allow the bake to cool in the pan for 10 minutes. When ready to serve, cover the pan with a large plate/board and flip the bake upside down onto the board. Slowly lift the pan from the plate, revealing the caramelized filling on top. **Chef's Tip: Please be careful when flipping the bakes as the pan will be hot.*
8. Cut the bake into equal slices, serve warm and ENJOY!