

Less than 45 minutes (+ proofing)

Makes 1 large loaf

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Ingredients:

- 1 Tbsp (15ml) honey
- 2 cups (500g) cooked mashed sweet potato, at room temperature
- 3 cups (450g) rye bread flour
- 3 cups (450g) white bread flour + extra for dusting
- 1 Tbsp (15ml) salt
- 1 packet (10g) yeast
- 1 cup (250ml) lukewarm water
- Glug oil, for greasing

Method:

1. Mix honey and sweet potato in a bowl.
2. Combine dry ingredients in a separate bowl and fold into sweet potato mixture.
3. Add water slowly while kneading to combine.
4. Knead mixture for 10 minutes on a floured surface until a smooth dough forms that is springy to the touch.
5. Place in a lightly oiled bowl, cover with clingfilm and proof in a mildly warm area until doubled in size (about ?? minutes). Careful: overheating will kill yeast.
6. Knead dough again to incorporate new air.
7. Shape into an oval and place on a floured baking tray.
8. Cover with a damp cloth and leave to rise again until doubled in size, about 30-40 minutes.
9. Preheat oven to 220°C.
10. Dust loaf with flour and score an X on top using a sharp knife.
11. Bake for 35-40 minutes. It's ready if it sounds hollow when tapped.
12. Serve warm as is, or make toast.

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