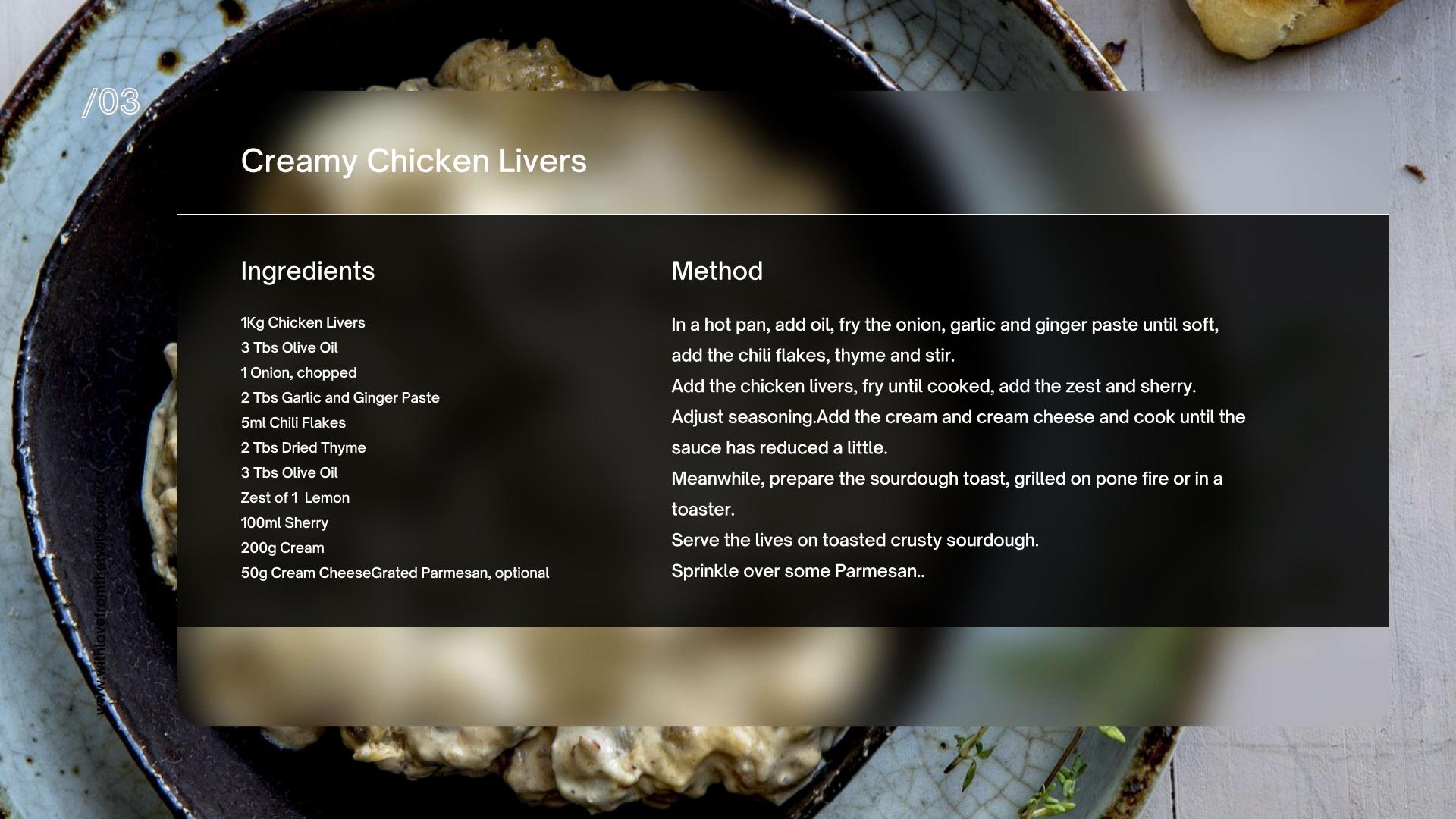
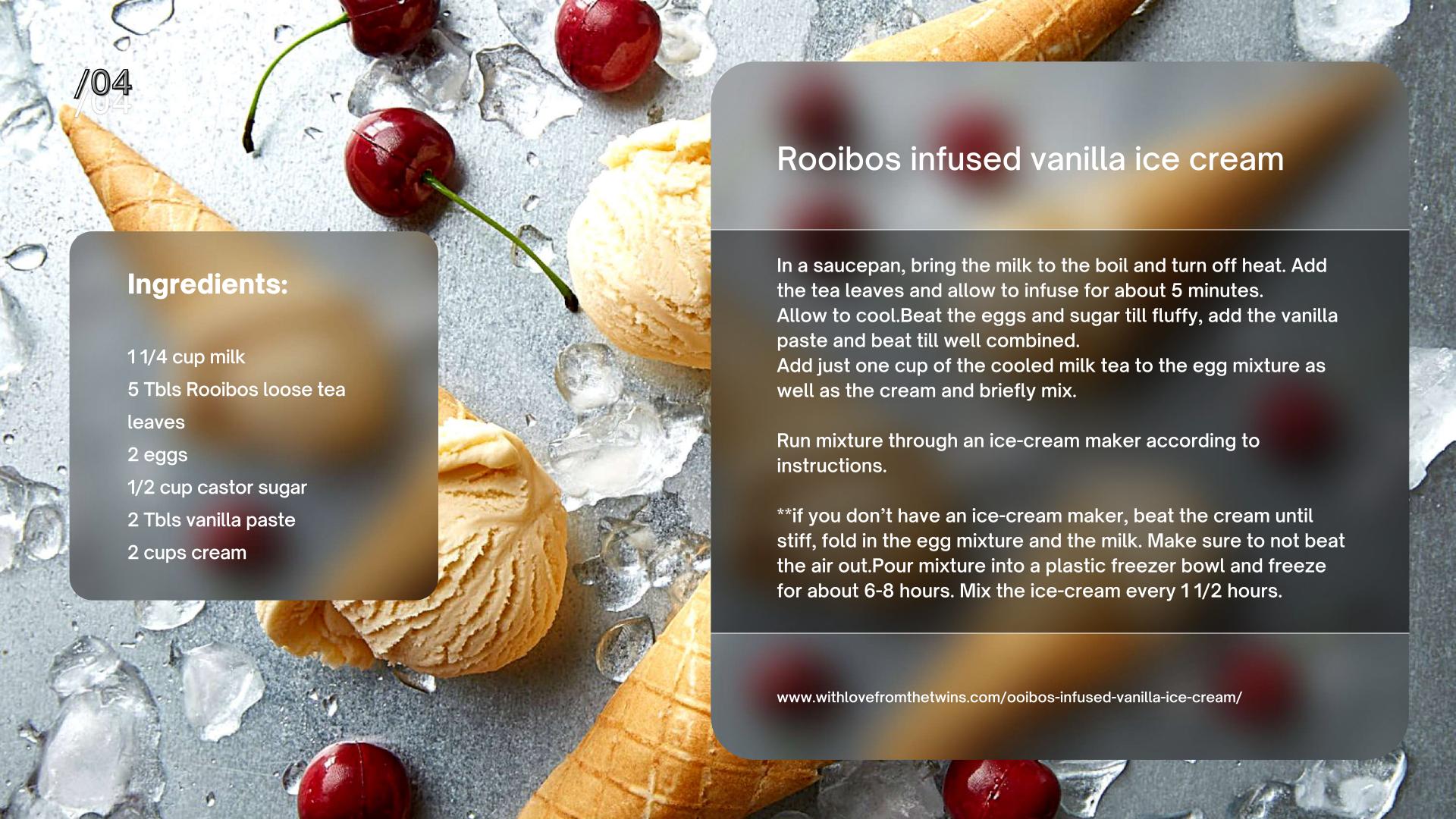


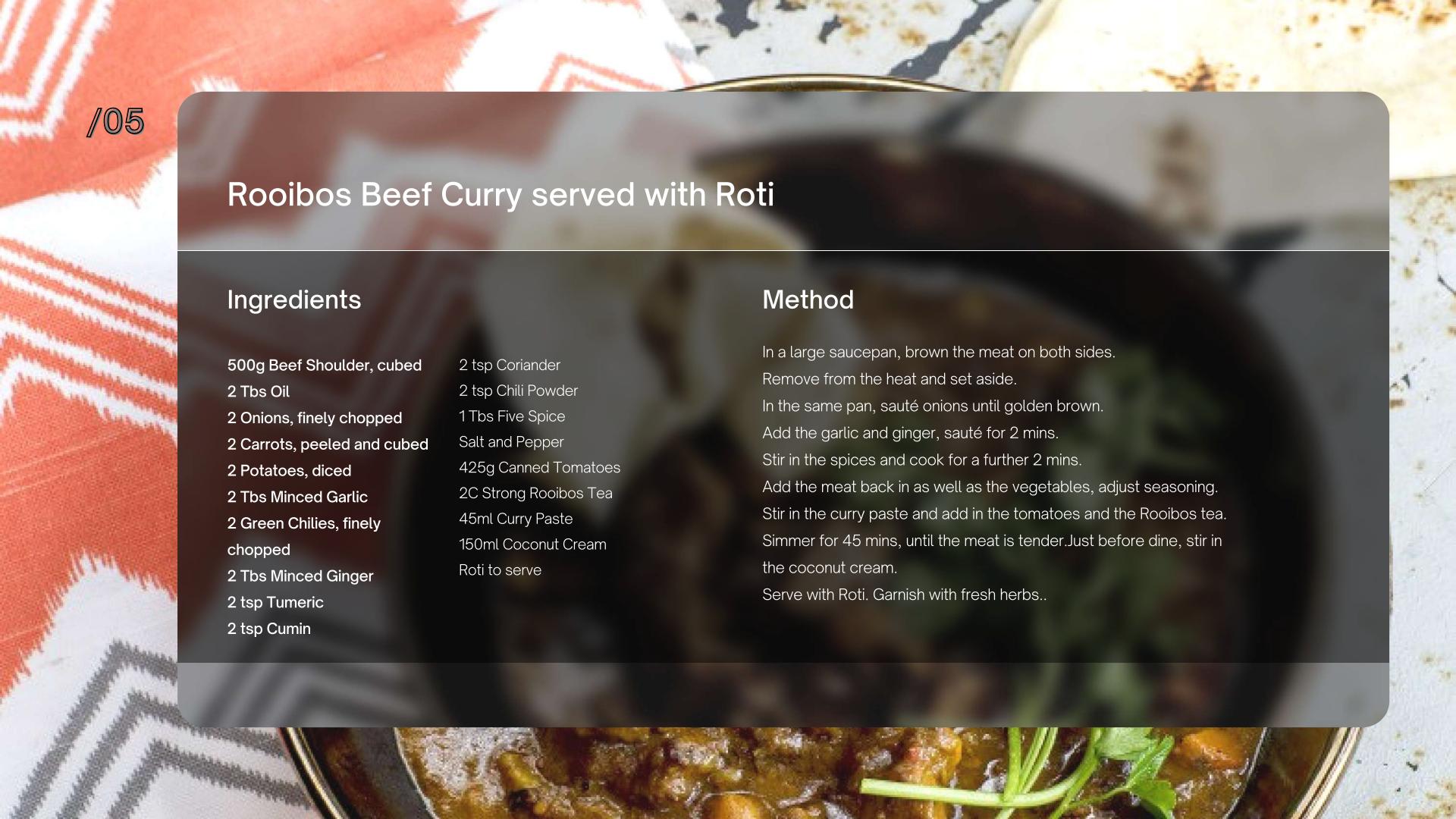
## What you can expect to find

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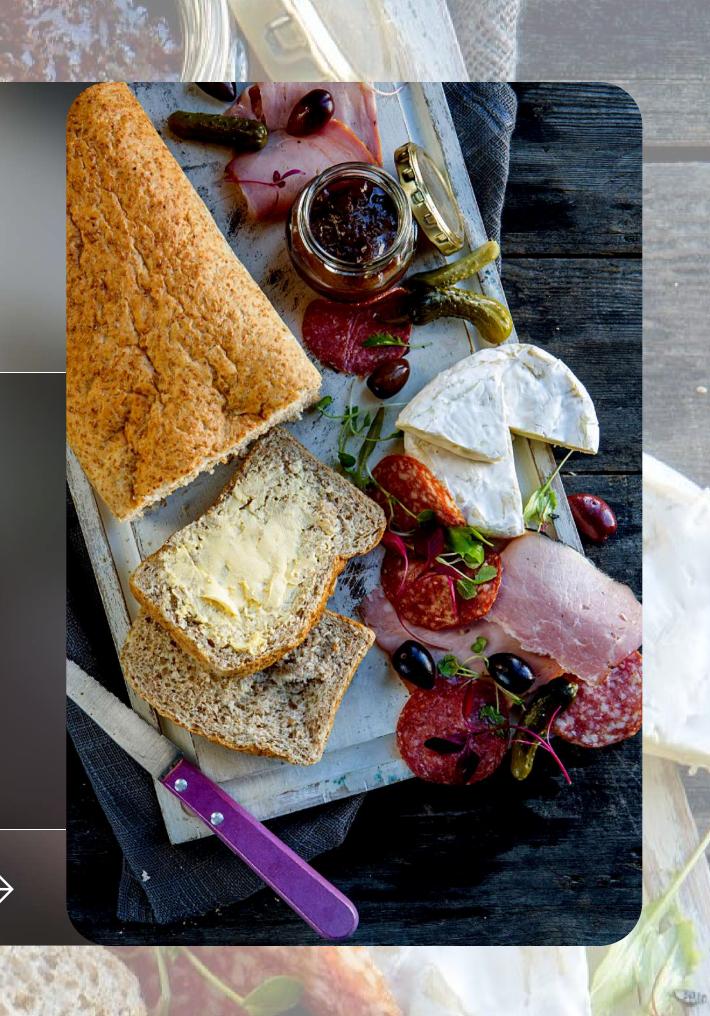




### **Brown Bread with Antipasti**

When making bread make sure you put a timer on for 10 mins, knead the bread for the entire 10 mins, don't stop even when your hands get tired. Trust us, it will all be worth it. If your bread is sticking to the counter, avoid adding more flour (it will dry it out), add a bit of oil, it should work like a charm.

Recipe is on the next page



#### Ingredients:

2C Brown

Bread/Wholewheat Flour

1/2C Cake Flour

1 Pkt Instant Yeast

2 Tbs Sugar

1tsp Salt

1/2C Lukewarm Water

1/2C Lukewarm Milk

2 Tbs Olive Oil

Antipastos:

Cured meats

Olives

Anchovies

Cheese

Tepanade

Chutney

Preheat the oven to 180 degrees celsius.

Method:

Mix all the dry ingredients together in a large bowl.

Mix the wet ingredients into a jug, stir gradually into the dry ingredients.

Beat with a hook paddle for 2 mins on high speed.

Place dough on a floured surface and knead for 10 mins until soft and pliable.

Cover the dough and leave to rest until double its size.

Knock down and shape into a loaf tin or desired shape.

Cover with a kitchen cloth and leave to rise for about 20 mins. Bake in the oven for 30 mins.

Once done, leave to cook on the rack before serving. Serve with the Antipastos.

www.withlovefromthetwins.com/brown-bread-antipasti/

Serves: 8-10

Prep time: 45 mins

#### Who We Are

#### Twins

We are Tebo and Lebo
Ndala. We are born and bred
in Pretoria, South Africa. We
studied culinary arts at
Stellenbosch. We then
moved to the United States
for a few months and studied
further through the University
of California Los Angeles
Extension.



#### Chefs

We love cooking, we absolutely love what we do.
Our passion grows with every experience we have. We currently work in the food and media industry, preparing to be the best food editors and food stylists in the world!!!
We are not just chefs, we are creators and artists.

#### With Love from the Twins

We started "With Love From
The Twins". We host pop up
restaurants, cater for private
functions and parties We are
a two-women team but we
eventually want to be
become huge and create
jobs for other people who
share the same passion for
food

#### The Future

We are very passionate about children, nutrition, mental and physical growth and good health. Our natural instinct is to feed people and because we live in a continent so badly affected by poverty, we feel it is our responsibility to do something about it. Our ultimate goal is to teach Africa to feed itself.

In Food Stories, Tebo and Lebo Ndala share quick and easy meals, while making you laugh. Join them as they go back to their roots with recipes for tripe, chakalaka and chicken feet and learn about their family feast called Seven Colour Sunday. See how they give an African twist to American dishes, like corn bread, corn dogs and corn burgers, tour to Thailand and enjoy coconut and pineapple fried rice with steamed chicken in banana leaves, experience traditional recipes with a twist when you sit down for spinach and agushi curry with baked jollof rice, and so many other recipes.

All With Love from the Twins.

You can buy the book on www.loot.co.za or any of these book stores:







# FOOD STORIES

Our favourite recipes, with love from the twins

## Tebo and Lebo Ndala



