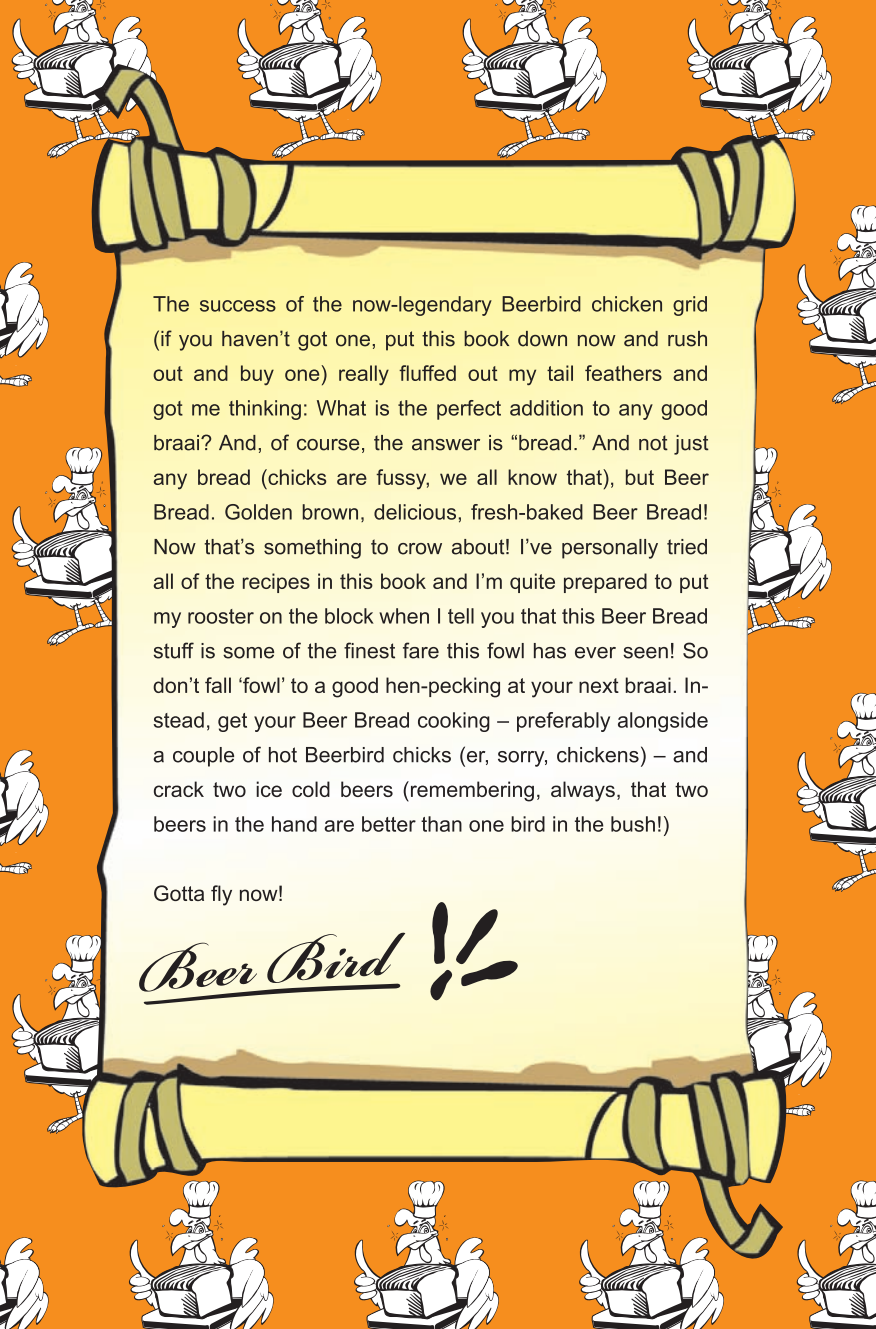




# BEER BREAD



# RECIPE BOOK



The success of the now-legendary Beerbird chicken grid (if you haven't got one, put this book down now and rush out and buy one) really fluffed out my tail feathers and got me thinking: What is the perfect addition to any good braai? And, of course, the answer is "bread." And not just any bread (chicks are fussy, we all know that), but Beer Bread. Golden brown, delicious, fresh-baked Beer Bread! Now that's something to crow about! I've personally tried all of the recipes in this book and I'm quite prepared to put my rooster on the block when I tell you that this Beer Bread stuff is some of the finest fare this fowl has ever seen! So don't fall 'fowl' to a good hen-pecking at your next braai. Instead, get your Beer Bread cooking – preferably alongside a couple of hot Beerbird chicks (er, sorry, chickens) – and crack two ice cold beers (remembering, always, that two beers in the hand are better than one bird in the bush!)

Gotta fly now!

*Beer Bird* !!

# STANDARD INSTRUCTIONS FOR ALL RECIPES

1. Ensure that you have an adequate stock of beer. Open a beer and quench your thirst. Repeat as necessary throughout the cooking process.
2. ALWAYS sift the flour. Failure to do so will make the bread heavy and hard.
3. If you don't have self-raising flour, you can use normal bread flour and then just add 1 tablespoon of baking powder and 1 teaspoon of salt.
4. ALWAYS pour the beer in slowly to limit foaming.
5. Mix the dough with a wooden spoon. The dough should be a cohesive mass and should not be too wet. This is vital!
6. ALWAYS grease the loaf pan before putting the dough into it.
7. ALWAYS Cook your Beer Bread over indirect heat (i.e. no coals or burners on directly under the Beer Bread loaf pan.)
8. Beer Bread can either be cooked in your covered kettle braai, your gas grill, or your oven. If cooking in the oven, set the temperature at 180° C. If your braai / oven is too hot, the bread will tend to develop a hard crust.
9. Cooking time will vary depending on the heat of your fire, but should be in the region of 45 minutes to an hour. Test for readiness by poking a skewer into the loaf – if it comes out clean, your Beer Bread is ready.
10. ALWAYS allow your Beer Bread to stand in the loaf tin for 5 minutes before turning it onto a rack to cool for 15 minutes before serving.
11. Once you have the hang of these recipes, try experimenting with your own creations. Don't forget to write down your secret formula! Try whole-wheat flour, different flavoured beers and different herbs, for example. You may surprise yourself!



**Note:** If cooking on a standard 57cm charcoal kettle braai, you will easily fit a double Beerbird grid and a Beer Bread loaf pan in the middle with the coals on the side. If using a gas grill, then don't have any burners switched on directly under the bread. This will ensure that there is no direct heat beneath your chickens or your bread. Remember that the cooking time for the chickens is likely to be about 30 minutes longer than that of the bread – so build this into your cooking equation.

# SIMPLE BEER BREAD

## Ingredients

3 cups (385g) self-raising flour (sifted)  
1/4 cup (50g) white sugar  
1 can (340ml) of beer  
1/4 cup (57g) melted butter



## Preparation

Make sure that you are familiar with the standard instructions for all recipes on page 1 of this booklet.

Preheat oven to 180° C or prepare indirect fire in your kettle barbecue or gas grill. Mix dry ingredients and beer. Pour into a greased Beer Bread loaf pan. Pour melted butter over the mixture. Bake for 45 minutes and test. Remove from oven and let it stand in the Beer Bread pan for 5 minutes. Remove the loaf from the pan and allow to cool for at least 15 minutes.

This recipe makes a very hearty bread with a crunchy, buttery crust. If you prefer a softer crust (like a traditional bread) mix the butter into the dough instead of pouring it over the top.

# CHEESE BEER BREAD

## Ingredients

3 1/2 cups (450g) self-raising flour (sifted)

1/2 teaspoon (2.5ml) salt

3 tablespoons (45ml) sugar

125g grated cheddar cheese

1 can (340ml) of beer

50ml sesame or sunflower seeds



## Preparation

Make sure that you are familiar with the standard instructions for all recipes on page 1 of this booklet.

Preheat oven to 180° C or prepare indirect fire in your kettle barbecue or gas grill. Sift flour, sugar and salt together in a mixing bowl. Stir in the cheese and beer (you can add a little water if the dough is still too dry). Mix until all the flour has been moistened and the dough forms a cohesive mass. Pour into a greased Beer Bread loaf pan and sprinkle with seeds. Bake for 45 minutes and test. Remove from oven and let it stand in the Beer Bread pan for 5 minutes. Remove the loaf from the pan and allow to cool for at least 15 minutes.

# CHEESE AND ONION DARK BEER BREAD

## Ingredients

3 cups (385g) self-raising flour (sifted)  
1/2 teaspoon (2.5ml) salt  
3 tablespoons (45ml) sugar  
1 can (340ml) of stout / dark beer  
1 packet dry brown onion gravy mix  
1 large onion, finely chopped  
125g grated cheddar cheese  
1/3 cup (76g) melted butter



## Preparation

Make sure that you are familiar with the standard instructions for all recipes on page 1 of this booklet.

Preheat oven to 180° C or prepare indirect fire in your kettle barbecue or gas grill. Sauté the onions and set aside to cool. Sift flour, sugar and salt together in a mixing bowl. Add dry brown onion gravy mix. Add cheese and sautéed onions and stir in the beer (you can add a little water if the dough is too dry). Mix until all the flour has been moistened and the dough forms a cohesive mass. Pour into a greased Beer Bread loaf pan. Pour melted butter on top of dough and place in the pre-heated oven (place a baking tray below to prevent the butter from messing as the loaf rises). Bake for 45 minutes and test. Remove from oven and let it stand in the Beer Bread pan for 5 minutes. Remove the loaf from the pan and allow to cool for at least 15 minutes. Serve with plenty of butter.

# ITALIAN BEER BREAD



## Ingredients

- 3 cups (385g) self-raising flour (sifted)
- 1 tablespoon (15ml) sugar
- 1/2 teaspoon (2.5ml) salt
- 2 tablespoons (30ml) chopped fresh dill (or 2 teaspoons dried)
- 1 cup finely grated sharp cheddar cheese
- 1 can (340ml) of beer
- 1 teaspoon (5ml) dried basil
- 1 teaspoon (5ml) oregano
- 2 minced cloves of garlic
- 1/2 cup finely grated Parmesan or Romano cheese

## Preparation

Make sure that you are familiar with the standard instructions for all recipes on page 1 of this booklet.

Preheat oven to 180° C or prepare indirect fire in your kettle barbecue or gas grill. Combine the flour, sugar, salt, dill, basil, oregano, garlic, cheddar and parmesan in a large mixing bowl. Slowly stir in the beer and mix just until combined. The dough will be thick. Pour into a greased Beer Bread loaf pan. Bake for 45 minutes and test. Remove from oven and let it stand in the Beer Bread pan for 5 minutes. Remove the loaf from the pan and allow to cool for at least 15 minutes. Serve warm or at room temperature.

# MEXICAN BEER BREAD

## Ingredients

- 3 cups (385g) self-raising flour (sifted)
- 1 can (340ml) of cider or beer
- 1/2 teaspoon (2.5ml) salt
- 1 tablespoon (15ml) olive oil
- 1/2 cup of chopped sun-dried tomatoes
- 1 tablespoon (15 ml) of chopped fresh chillies



## Preparation

Make sure that you are familiar with the standard instructions for all recipes on page 1 of this booklet.

Preheat oven to 180° C or prepare indirect fire in your kettle barbecue or gas grill. Sift the flour and salt into a mixing bowl. Make a well in the centre and pour about two-thirds of the cider/beer into the well. Start mixing. Add the sun-dried tomatoes, olive oil and the chillies. Add just enough cider/beer to ensure that the dough isn't too sticky or too dry – knock back what's left of the cider/beer. Pour into a greased Beer Bread loaf pan. Bake for 45 minutes and test. Remove from oven and let it stand in the Beer Bread pan for 5 minutes. Remove the loaf from the pan and allow to cool for at least 15 minutes.



# HONEY OAT BEER BREAD



## Ingredients

2 cups (257g) self-raising flour (sifted)  
1 1/4 cups (106g) rolled oats  
1 teaspoon (5ml) brown sugar  
1 tablespoon (15ml) honey  
1 can (340ml) of beer  
1/4 cup (57g) melted butter

## Preparation

Make sure that you are familiar with the standard instructions for all recipes on page 1 of this booklet.

Preheat oven to 180° C or prepare indirect fire in your kettle barbecue or gas grill. In a medium bowl, stir together the flour, oats and brown sugar. Drizzle honey over the dry ingredients and then pour the beer on top. Mix just until blended. Pour into a greased Beer Bread loaf pan. Coat the top with melted butter. Bake for 45 minutes and test. Remove from oven and let it stand in the Beer Bread pan for 5 minutes. Remove the loaf from the pan and allow to cool for at least 15 minutes.

# SWEET AND SPICY BEERBREAD



## Ingredients

3 cups (385g) self-raising flour (sifted)  
1/2 cup (113g) melted butter  
3/4 cup (150g) white sugar  
1 teaspoon (5ml) cinnamon  
1 teaspoon (5ml) crushed ginger  
1 teaspoon (5ml) allspice  
1/2 teaspoon (2.5ml) nutmeg  
1 can (340ml) of beer

## Preparation

Make sure that you are familiar with the standard instructions for all recipes on page 1 of this booklet.

Preheat oven to 180° C or prepare indirect fire in your kettle barbecue or gas grill. Mix all ingredients quickly (it will be a little lumpy like muffins which is good). Pour into a greased Beer Bread loaf pan. Bake for 45 minutes and test. Remove from oven and let it stand in the Beer Bread pan for 5 minutes. Remove the loaf from the pan and allow to cool for at least 15 minutes. Serve with cream as a delicious dessert.





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TEL: +27 11 791 4287  
PO Box 418,  
Fontainebleau, 2032  
Email: [info@beerbird.co.za](mailto:info@beerbird.co.za)

[www.beerbird.co.za](http://www.beerbird.co.za)