



# Kūmara Rewena Bread

Med 3 Hours 2 Loaves



**150g Kūmara**  
**150g Hi-Grade Flour**  
**20g Sugar**  
**2g Dry Active Yeast**

**KŪMARA BUG FOOD**  
**100ml Warm Water**  
**5g Sugar**  
**100g Hi-Grade Flour**

**5g Dry Active Yeast**  
**240ml Water**  
**285g Kūmara Bug**  
**100g Kūmara**  
**10g Dried Rosemary**  
**43g Honey**  
**540g Hi-Grade Flour**  
**15g Iodised Salt**

*If you don't have a mixer, mix in a bowl until it is just starting to come together, then knead by hand for 10 minutes.*

## Kūmara Bug

1. Place the peeled and diced kūmara in a medium sized saucepan along with just enough cold water to cover the kūmara and bring up to a boil. Cook until soft, approximately 10-15 minutes. Then leave to cool to room temperature.
2. Add sugar, flour and yeast to the cooked kūmara and mix together. This is your bug for the dough. Place the mixture in a large container and cover with a lid. The bug will need to be fed every 1-2 days using the Kūmara Bug Food. The longer a bug is left to ferment the better, at least a week.

## Loaf

1. Combine the yeast, water, kūmara bug, cooked and diced kūmara, dried rosemary and honey in a bowl. Mix well and set aside for approximately 5 minutes to allow the yeast to activate.
2. Combine the hi-grade flour and iodised salt in the bowl of the stand mixer.
3. Add the kūmara-yeast mixture to the flour and salt. Attach a dough hook to the stand mixer and begin mixing at speed 2 for 5 minutes then increase the speed level 5 and leave to mix for a further 5 minutes. The dough should pull away from the sides of the bowl and be smooth and elastic.
4. Lightly spray a bowl with cooking oil and place kneaded dough inside the bowl. Wrap tightly with plastic wrap and leave to proof at room temperature for approximately 1 hour.
5. Once the dough is proofed, shape into a loaf then place in a lightly oiled loaf pan. Cover loosely with plastic wrap and leave to proof until again until it's doubled in size.
6. When the dough is almost fully proofed, preheat your oven to 190°C.
7. Remove plastic wrap from your fully proofed dough. Place loaf pan on a tray and place in the middle of the oven. Bake for approximately 20-25 minutes or until golden brown and the loaf sounds hollow when tapped.
8. Take out of the oven and immediately remove bread from the loaf pan and cool on a wire rack.