

FRUIT AND NUT RUSKS

Preheat the oven to 160°C and grease two 30 x 40 cm baking pans with butter. In a mixing bowl, combine the dry ingredients. In a separate bowl, mix the wet ingredients together. Mix the wet ingredients into the dry ingredients until fully incorporated. Place the dough in the prepared baking pan and bake for 30 to 45 minutes or until a cake tester or skewer inserted into the centre comes out clean. Remove from the oven, cut into rusks while warm and transfer to wire racks.

Reduce the oven temperature to 50°C. Place the rusks on wire racks or in a single layer in baking trays so the air can circulate, and dry overnight with the oven door slightly ajar. Keep rusks in an airtight container.

Makes 65-75 rusks

butter for greasing
500 g All Bran Flakes, crushed
500 g Corn Flakes, crushed
300 g mixed nuts, chopped
300 g mixed dried fruit, diced
250 g mixed seeds
1 kg self-raising cake wheat flour
10 ml baking powder
5 ml salt
400 g yellow sugar
2 eggs, beaten
500 g butter, melted
500 ml buttermilk or plain yoghurt
5 ml vanilla essence

