

Corn loaf with kefir



Ingredients:

- 150 g corn flour
- 350 g white wheat flour
- 2.5 dcl kefir
- 0.5 dcl milk
- 20 g fresh yeast
- 1 tsp salt
- 1 tsp sugar
- 1-2 tbsp olive oil
- cornmeal and millet for garnish

Corn loaf preparation steps

Sieve the flour into a mixing bowl, make a hole in the flour, and add warm (not hot!) milk. Add crumbled yeast and sugar, and wait for about 8 minutes for the yeast to start frothing. Add kefir (room temperature), salt and olive oil. If the kefir is fermented from full-fat milk, almost no additional fat (oil) is needed. Knead the dough until it's smooth and soft. Leave it to rise for about an hour in a warm place.

Tip the dough onto a lightly flour dusted surface and knead gently. Wet hands with water and strike the loaf surface. Sprinkle with garnish. Preheat the oven to 220°C and bake the corn loaf for about

40 minutes. If using a baking stone the temperature may be a bit higher; if not, the temperature should be reduced to 200°C for the last 30 minutes.

Corn loaf is great with soups or other warm meat dishes.

See more recipes with kefir [here](#).

Products used to prepare this recipe:



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