

## **Paraoa rewena – Maori bread**

Paraoa rewena is a special bread that uses potato as a leavening agent.

### **Rewena**

120 grams peeled, sliced potato  
2 cups water  
1 tsp sugar  
2 cups flour

Cook the potato in the water until tender. Use a potato masher to break up the potato and mix it through the water. Allow to cool to room temperature and then add the sugar and flour. Mix thoroughly to form a smooth paste. Transfer this mixture to a medium-sized bowl or large jar. Cover with plastic and leave in a warm place until bubbly. Depending on the temperature this may take from one and a half to three days.

### **Bread**

This makes one large or two smaller loaves.  
2 ½ cups flour, plus extra if needed  
1 tsp baking soda  
1 tsp salt  
1 tablespoon sugar  
1 quantity rewena

Sift the flour, baking soda and salt into a large bowl. Add the sugar and stir to mix. Add the rewena. Stir to make a soft dough, adding extra flour if necessary. Knead for 7 – 10 minutes until elastic. Return to the bowl and leave to rise for 45-60 minutes.

Place the dough in a small, well-greased camp oven with a 10 to 12 cup capacity or two bread tins. Leave to rise in a warm place for a further 45-60 minutes (or cover and leave on bench over night and bake next morning). Grease the lid or a small oven tray, cover baking dish and place in a hot oven, 230°C for 40 minutes.

Baked for Awesome Church at St Mark's on 25 January and 22 February 2009