



Egmout Rēwena Bread

with edamame, avocado, chilli & feta

INSIGHT – CHEF TODD THORBURN **ANCHOR FOOD PROFESSIONALS**

Rēwena is a traditional Māori bread. A simple and easy potato sour dough that is super versatile, with a great story and provenance to boot. In my Rēwena bread I love adding cheese for that extra cheesy hit.

Mainland Egmout Cheese is a perfect choice, as it melts and distributes evenly throughout the bread and has enough backbone to carry its flavour profile through to the final dish.



Egmont Rēwena Bread

INGREDIENTS

RĒWENA BUG

1 medium sized potato, sliced
750ml water
500g flour
1 tsp sugar
Lukewarm water, on hand

RĒWENA BREAD

5 cups flour
50g sugar
1 tsp salt
350mls Anchor Blue Top Milk
300g Mainland Egmont Grated Cheese

METHOD

RĒWENA BUG

Cook the potato in the water. Once cooked, set the pot aside until the water is luke warm, then mash the potato with the sugar and plain flour. Continue mixing until a gluey texture forms. Transfer the mixture into a large glass jar and cover. Leave in a warm place until the mixture forms bubbles and doubles in size.

RĒWENA BREAD

Once the bug is ready, combine the first lot of flour, sugar and salt into a large mixing bowl, and make a well in the centre of the bowl and add the bug (approximately 500g).

Add water to the mixture in two lots, combining the water thoroughly with the mixture each time.

Turn the dough onto a flour dusted bench, and gently knead the dough for no more than 10 minutes.

Place the dough into a greased bowl, cover and leave in a warm place to prove (2–3 hours).

Remove the dough from the bowl and knock back the dough, then gently knead for a further 2 minutes.

Cut the dough in half and place into two greased loaf tins.

Cover and allow to prove for a second time (45 minutes).

Once the doughs double their sizes, make cuts across the top of the bread, and place into a preheated oven at 180°C, and bake the bread for approximately 35–45 minutes.

Allow the bread to cool before slicing.

Edamame, Avocado, Chilli & Feta

2 tbsp edamame
50g ripe avocado
1 tsp fresh red chilli, sliced
30g Mainland Special Reserve Creamy Feta
1 tsp lemon, zest and juice
Season to taste
5ea cherry tomatoes
5 slices fresh breakfast radish

METHOD

Lightly mash together edamame, avocado, lemon juice and zest.

Fine dice radish, slice chilli, dice tomatoes and add to avo mash.

Fold in crumbled feta and season to taste.

Serve atop toasted Egmont Rēwena Bread & garnish with lime roasted pepitas & poached egg.



Mainland Egmont Grated Cheese has a full cheddar flavour with nutty, slightly sweet notes reminiscent of Swiss-style cheeses. With excellent melting qualities, Egmont is a splendid cheese for all your baking and cooking needs.



Mainland Creamy Feta is a creamy Danish-style feta that has a smooth, firm closed texture. Creamy feta is perfect for slicing and dicing or where a creamy mouth feel is required.

Tip

Serve atop toasted Egmont Rēwena bread & garnish with cherry tomatoes & shaved radish.