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As Koek (Ash Cake)

250ml (1 cup) self raising flour
5ml (1 tsp) baking powder
5ml (1 tsp) salt
60-125ml (1/4 to 1/2 cup) water
15ml (1tbsp) margarine

Mix the flour, baking powder and salt. Heat water and margarine separately and then gradually mix into the flour mixture to form a smooth, pliable dough. Shape the dough into a round, flat cake, cover it with coals from an open fire and bake for about 30 minutes or until thoroughly baked.

When done, dust off the excess ash and serve with jam, syrup, cheese or whatever you have available.