

activities



History of Wheat Growing & Milling in New Zealand

Tena koutou, katoa



Rewēna Paraoa tahi (First Māori bread)

To make the Rewēna (rising agent or starter):

1 large Potato (or kumara)

1 teaspoon Sugar

600 millilitres Water

2 cups Flour

Peel and clean the potato. Boil the potato in the water until soft. Remove from heat and mash water and potato together. Leave to cool for five minutes or so. Stir in flour and sugar. Mix together thoroughly. Pour more water into the mixture if too dry. Place mixture in a large preserving jar and loosely cover. Leave in a warm place where you can keep an eye on it. I suggest you **don't** put it in the hot water cylinder cupboard. You might find it frothing all over the place! The Rewēna will take two to three days to ferment. Three days is recommended. The Rewēna is ready when bubbly.

To make the bread:

5 cups Flour

1 teaspoon Baking soda

1 teaspoon Salt

1 cup of Rewēna

2 cups Warm water

Mix all the dry ingredients in a bowl and make a well. Pour the Rewēna into the well and add the water. Gradually mix in the dry ingredients. More water may be added if too dry. Knead the dough until it springs back into shape when pressed with the thumb. (This may take 30 minutes or more). Place in the oven on an oiled greased tray or in a baking tin. Bake at 200°C (400°F) for 30 minutes.



Research and discuss the influence of the introduction of wheat on traditional Maori food patterns. How did the growing of wheat change the Maori people's lifestyle, diet and values? How did the new farming technology affect Maori society and New Zealand's environment? What kinds of bread were eaten by the Maori before and after the arrival of Europeans?



Rewena Paraoa rua (Second Māori bread)

To make the "BUG":

600 millilitres Potato/kumara water (Luke warm juice from cooked potatoes or kumara)	1 cup Flour
1½ teaspoons Sugar	1 dessertspoon Dry yeast

Mix all ingredients in a bowl.

To make the bread:

6 cups Flour	600 millilitres "BUG"
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Put the flour in a large bowl and add the "BUG". Mix into a dough. Gather the dough into a ball. It should be firm and leave the sides of the bowl. Add more flour, 1 tablespoon at a time, if sticky or add more water, 1 tablespoon at a time if dry. Turn dough out of the bowl onto a lightly floured work surface and knead for 10 minutes. To knead, first push your palm into the dough away from you. Then gather the dough back towards you making a ball. Give the dough a quarter turn, then continue repeating these three movements. Put a little oil in the bottom of a bowl. Put the dough in the bowl and turn over. This coating of oil on the top of the dough will keep it from drying out. Cover the bowl with a damp tea-towel. Allow the dough to rise at room temperature until doubled in size. This takes about 1½ to 2 hours. The dough has risen properly when you can press your finger into it and the dough does not spring back. Punch down the dough with your knuckles to break up the gas bubbles. Knead the dough into an oval and place on a greased (butter is good because it is not absorbed by the bread) baking sheet with all creases tucked under the dough. Make diagonal cuts with a knife along the dough and bake for 25 to 30 minutes at 230°C (450°F). Lower the temperature to 200°C (400°F) if browning too quickly.



Making bread the old-fashioned way

Bread is not what it used to be, but have you ever wondered how different it was? These two recipes will give you some idea.

White loaf

1 kilogram Flour
3 teaspoons Salt
2 teaspoons Sugar
20 grams Lard (or 20 grams butter), melted
4 grams Yeast (compressed)
600 ml Warm water (37°C)
1 teaspoon oil

Brown Loaf

600 grams Wholemeal flour
400 grams White flour
3 teaspoons Salt
20 grams Lard (or 20 grams Butter), melted
2 teaspoons Sugar
4 grams Yeast (compressed)
630 ml Warm water (37°C)
1 teaspoon oil

Method for both loaves:

Place the flour in a large bowl, make a large well in the centre, and place the next two ingredients in the well and mix. Dissolve the sugar and yeast in the water. Wait until this mixture becomes 'frothy' and then add to the other ingredients. Mix using a spoon and/or hands to form a well-mixed dough. Measure oil into a clean bowl. Place dough in the bowl and then turn dough over so that the surface is covered in oil. Cover with a damp tea-towel. Leave to rise for 2 to 3 hours or until twice its size at a warm room temperature. Check often the dampness of the tea-towel. When ready divide the dough in half. Knead and shape each piece and put into tins approximately 15 cm x 20 cm x 10 cm. Allow the dough to rise (again at a warm temperature covered with a damp tea-towel) until twice its original size. Bake the dough in an oven at 230°C (450°F) for 25 minutes. Makes two loaves.