

Páó ...

WOOD FIRED OVEN FRESH BREAD ROLLS (PÁO)



This delicious energy bread is the first to be produced in South Africa, using the traditional Mozambican clay oven, the recipe is unique and the texture and flavor is delightful.

It has taken Mush and I many years to get the Mozambicans to divulge their secret, the recipe originates from the Portuguese from years ago, and this is where the Mozambican people of today learnt this talent.

How to re-heat your páó after freezing

Páó freezes extremely well due to its texture.

Although it may be eaten without re-heating, all you need to do is the following:

1. Take out your Páó and let it thaw
2. Set your oven to 180 Degrees
3. Once thawed out, dampen the outside of the Páó (Run it quickly under the cold water tap)
4. Put the Páó in the oven for approximately 5 minutes

Páó can be purchased from forest creek at a cost of R3.00 per Páó.

Enjoy...