**HERMA SE BESKUITRESEP / HERMA’S RUSK RECIPE**

Droëe bestanddele / dry ingredients

Anderhalf koppie suiker / one and a half cup of sugar
1 pakkie (1kg) bruismeel / 1 packet or 1kg self raising flour
5 koppies all bran of muesli / 5 cups all bran or muesli
Half telepel sout / half a teaspoon of salt

Nat bestanddele / wet ingredients

500g margarine / cooking margarine
2 eiers / eggs
500 ml karringmelk / buttermulk

Metode: method

Meng droë bestanddeld / mix dry ingredients
Smelt margarien in mikrogolf (40 sek) / melt margairine in m/wave (40 sec)
Meng eiers en karringmelk en by gesmelte margarine /
 mix egg and buttermilk and add to melted margarine

Voeg nat mengsel by droë mengsel en meng goed /
 add wet mixture to dry mixture and mix well

Pak mensel in ‘n oondbak met waspapier, spray & cook of gesmeer met olie
paste mixture in oven tray lined with wax pa
er or spray & cook or film of oil
Plaas in voorverhitte oond teen 180 vir 10 min en daarna 40 – 50 min op 160/
 place in pre-heated oven at 180 for 10 min and then turn down to 160 for 40 – 50 min.
Haal uit en laat afkoel / remove from oven and allow to cool down

Sny in biskuitrepe met mes en pak stukke in oond om oornag te droog teen lae hitte
Cut in rusk sizes with a kitchen knive and spread out over two oven trays to dry at low heat overnight.