



Bolo do Caco

These simple rolls, which look a bit like English muffins, are from the Portuguese island of Madeira. Bolo means cake in Portuguese and caco is the stone hotplate on which they're traditionally cooked.

Makes 8 pieces



INGREDIENTS

- 225g sweet potato, peeled and diced (8oz)
- 1 tablespoon salt flakes, crushed
- 7g dry yeast (¼oz/1¾ tsps)
- ⅓ cup warm water (80ml)
- 300g plain flour (all-purpose), plus extra for dusting (10½oz/2 cups)

METHOD

1. Place sweet potato and salt in a saucepan and cover well with cold water. Bring to the boil, reduce heat a little and cook for 10–15 minutes, until tender.
2. Meanwhile, combine yeast and water in a mixing bowl and set aside.
3. Tip cooked potato into a colander to drain.
4. Add flour to the mixing bowl, then pass potato through a ricer into the bowl (or mash then add to the bowl) and mix with your hands to form a rough dough.
5. Tip onto a clean work surface (lightly dusted with flour if need be) and knead for a few minutes, until smooth.
6. Place in a flour-dusted bowl, cover and set aside in a warm place for an hour or so until doubled in size.
7. Divide into 8 equal pieces. Take one piece and repeatedly fold the dough underneath itself to form a tight, neat ball (dusting with a little flour if the dough is sticky); pinch any loose bits together on the base and place on a flour-dusted plate. Repeat with remaining pieces, spacing them evenly on the plate to allow room for expansion.
8. Sprinkle lightly with flour, cover with a clean, dry cloth and set aside in a warm place for a further hour or so, until doubled in size again; alternatively dust balls with flour, place in separate zip-lock bags and refrigerate overnight then return to room temperature before cooking.
9. Heat a well-seasoned stone griddle or cast-iron frying pan over medium heat.
10. Flatten the balls into thick discs and cook them for about 10 minutes turning regularly, until well-coloured all over.