

sourdough. Proving baskets, from cookshops, are useful too.

- ½ sweet potato (about 150g)
- 1 fresh rosemary sprig, leaves stripped and finely chopped
- 400g strong white flour (see tip)
- 100g wholemeal flour
- 9g salt
- 150g sourdough starter (see Know-how)
- 200ml lukewarm water
- Cornmeal or polenta for dusting

1. Heat the oven to 200°C/fan180°C/gas 6. Wrap the sweet potato in foil and bake for 40 minutes until very soft. Cool, peel and mash the flesh with the chopped rosemary. Put into a bowl, cover with cling film and leave to infuse (see Make Ahead).

2. In a bowl, mix the white and wholemeal flours. Add the salt and set aside. In another bowl, mix the sourdough starter (see Know-how) with the water and the sweet potato and rosemary mixture.

3. Add the dry mixture to the wet mixture and knead for at least 10 minutes. If you have a food mixer, use the dough hook for this. The dough is ready when it's elastic and bouncy to the touch.

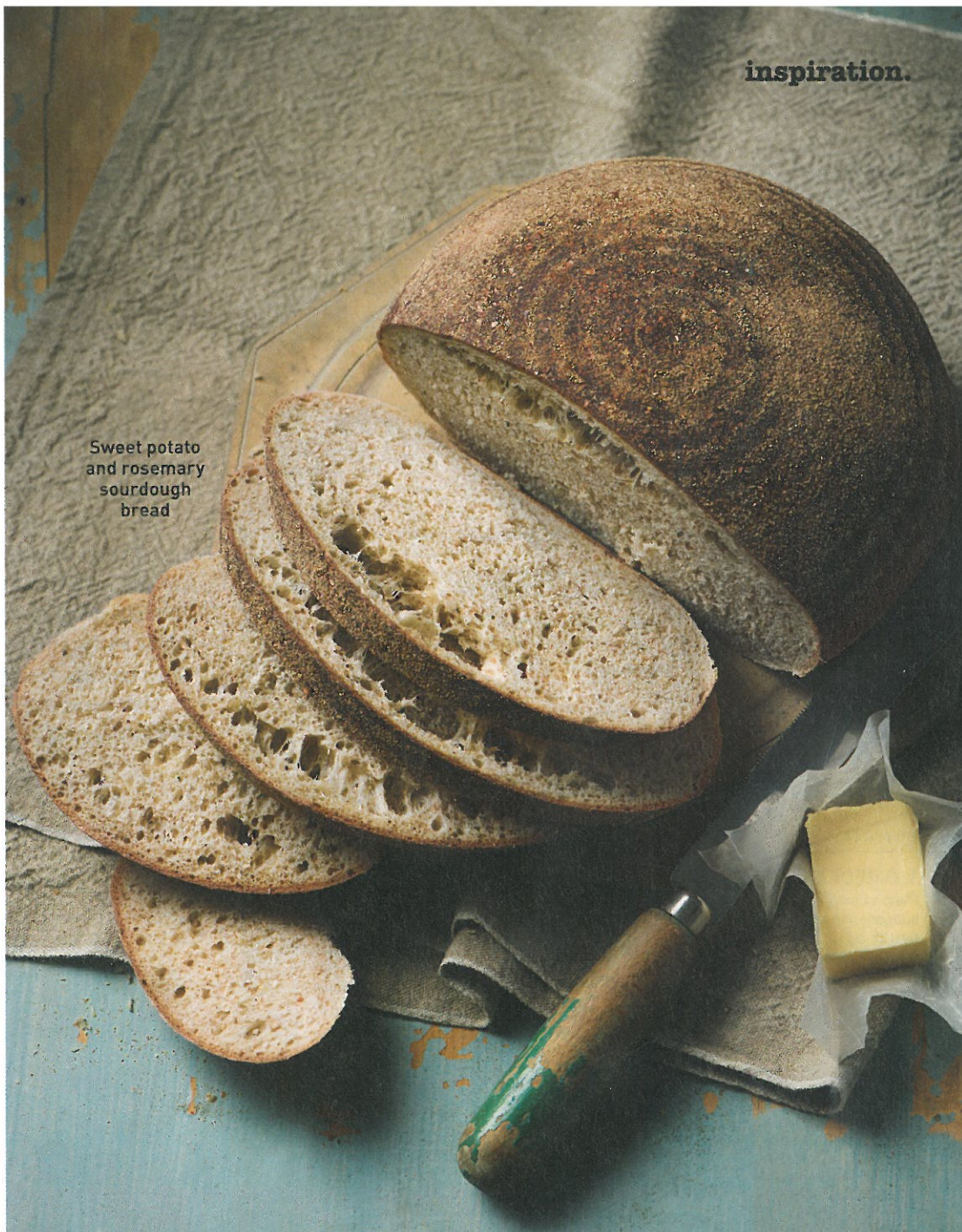
4. Shape the dough into a ball by folding the edges into the centre. Turn the ball upside down and put into a proving basket sprinkled with cornmeal or polenta. Cover with cling film and leave for 6-8 hours or until doubled in size.

5. Heat the oven to 230°C/fan210°C/gas 8. Turn out the dough onto a baking sheet or stone and bake for 30-40 minutes or until the loaf sounds hollow when tapped on the bottom.

PER 100G 274kcal, 1.2g fat (0.2g saturated), 8.5g protein, 58.7g carbs (2.4g sugars), 1.4g salt, 5.1g fibre
WINE EDITOR'S CHOICE A juicy, cherryish valpolicella is great with this bread and a slice of cheese. **A**

NEXT MONTH Chef Ben Tish invites friends round to try new dishes for his restaurant menu. Will they get the thumbs-up?

Sweet potato and rosemary sourdough bread



Inspired to set up a food business?

First, read this expert advice from food and cookery business expert Monique Borst Going on a course at a good cookery school helps develop technical skills, provides advice from professionals, gives inspiration for new products and markets and, perhaps most importantly, builds a network of contacts. It's all invaluable when you're crystallising your initial business ideas.

● **START WITH THE END IN MIND**
 Is your business idea more of a hobby, a lifestyle for you or a business with the potential to scale up? Make sure you're

happy with the category it fits into.

● **RESEARCH YOUR MARKET AND THINK LIKE A CUSTOMER**

Consider what difference your product will make to the people who will buy it – who would be happy to pay for it?

● **REMEMBER TO NETWORK**

It puts you in touch with potential customers, suppliers and mentors, opens up new markets and keeps you informed on shop and restaurant openings, while you pick up knowledge about business. Never be shy to talk to people, and use social media feedback. moniqueborst.com