



Ingredients

⌘ 1 kg. of capomo seeds (well cooked- boiled)

⌘ 2.5 liters water

⌘ 1 stick of butter

⌘ 5 eggs

⌘ 1 cup of honey

Capomo Bread

Directions

Boil the capomo in a pot of water with ash until tender and the skin peels away. Mash the capomo with your hands until it forms a soft dough; place it in a mixing bowl. Mix in the yolks of five eggs, the butter, and the honey. Stir. In a separate bowl, whip the whites of the eggs until firm. Then fold the egg whites into the capomo mixture. Grease the baking pan with butter and pour the mixture into a pan. Bake at 350° for about 45 minutes. To check if the bread is done, insert a knife. (When the knife comes out clean, the bread is done.) Remove the bread from oven. When the bread is cooled, tip it out onto a platter and serve with Café de Capomo.