

Recipe for bread

Written by Administrator

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Making your own bread requires some preparatory work, but it's great fun and the amazing smell and taste of freshly baked bread makes it very worth while. You can make white or wholemeal bread from this recipe depending on which flour you use.

Ingredients:

- * 225g Strong plain white flour or plain wholemeal flour
- * 1 teaspoon salt
- * 1 teaspoon sugar
- * 15g soft tub margarine
- * 1 sachet (6g) dried yeast
- * 150 ml (2/3 cup) warm water

Making bread instructions

Wash your hands thoroughly in soap and water. Put the flour in the mixing bowl and add the sugar and the salt. Add the margarine and rub into the flour using your finger tips. Add the dried yeast and stir into the flour mix. Add all the water at once to the flour mix and stir together using the wooden spoon. Use your hands as the dough gets tough and when it leaves the sides of the bowl clean (add a little more flour if it is too sticky), put the dough onto a floured surface. Knead the dough to make it smooth and stretchy. Push your hands into the dough, gather it back into a ball, turn it slightly and then repeat for 5 minutes. Plait the dough using 3 rolls, and place it on the greased baking tray. Beat an egg and glaze the top of the dough. Cover the shape with the oiled cling film to stop it drying out and then put the tray in a warm place so that the yeast can work and make the dough rise. In winter this might be the airing cupboard, or in summer the kitchen itself may be warm enough. Set the oven to 200°C; only when the loaf has about doubled in size (after about 30 minutes), then remove the cling film and place the tray in the oven. Bake the loaf for 20-25 minutes. It should be golden brown and sound hollow when tapped underneath. Place the loaf on a wire rack to cool.