

Best of Both Bread



Ingredients & Prep

450 g Flour strong white
150 g Flour strong wholemeal
200 ml Water luke warm 40°C
125 ml Milk luke warm 40°C
2 Egg yolk
50 g Butter melted
20 g Caster sugar
7 g Yeast dried
1 tsp Salt

Suggestion & Tips

You can get water sprayers from diy stores or garden centres. If you wish you can sprinkle over seed of choice from the beginning if the second rise.

Recipe By FoodieBook

Ref: 471

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Vegetarian

No of Portions: 8

Method

Step 1 - To make the starter place milk, water, sugar & yeast in jug or bowl, whisk together until yeast has dissolved, set aside until frothy.

Step 2 - Mix all dry ingredients in a bowl or mixer bowl if used, mix well, add melted butter, egg yolks & starter, combine into a rough dough.

Step 3 - Kneading, if you are using a mixer with a dough hook, mix for 10 mins on med speed, if by hand oil the worktop & knead well for at least 10 mins.

Step 4 - For best results oil the bowl used & place dough in the fridge for 24 hours, you will need to knock back using your fist after an hour as the dough will still grow until cold, cooling dough is optional.

Step 5 - First rise, allow the dough to double in size, this will take about 1 hour (if chilled in fridge will take 2 to 3 hours in oiled bowl covered with cling film, prick a small hole in the film.

Step 6 - Knock back dough by re-kneading on a oiled or floured work top.

Step 7 - Structure the dough by flattening dough on work top then bring the edges into the centre to form a dome shape, then push dough flat again the same up & bring edges back into the middle again, form the dough into an oblong to fit 2lb loaf tin & allow to rise again (2nd rise), to stop the surface drying out spray a little water over a few times while it grows. For rolls divide dough by 12 to 16 pieces & do the same with each roll.

Step 8 - Pre heat oven to 180°C place dough in the oven with a dish/roasting pan of cold water at the bottom of the oven at least 12 cm below the bottom of the tin, bake for 20 min or until golden brown on the top.