

White Bread



Ingredients & Prep

500 g Strong white bread flour
330 ml Water luke warm 40°C
15 g Caster sugar
5 g Dried yeast
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: 472

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Vegan

No of Portions: 8

Method

Step 1 - Mix sugar & yeast in water, set aside for an hour or until it bubbles, the starter.

Step 2 - Place flour & salt in a bowl, mix well, add starter mix & combine together.

Step 3 - Either knead in a mixer with dough hook or 10 mins by hand on an oiled work top, clean & oil mixing bowl, place back in the dough, to improve the flavour place bowl of dough in the fridge for 24 or even 48 hours.

Step 4 - Cover bowl with pierced cling film or a damp tea towel & let it double in size, knock back by kneading a 2nd time on an oiled work top for 10 to 15 mins, the roll out dough with an oil rolling pin to either the width of a loaf tin if used or to about 30 cm without a tin for a bloomer loaf, roll up like a Swiss roll, place roll with the edge at the bottom of the tin or on a non stick baking sheet. For rolls divide into 12 push out dough with your finger tips, then bring edges into the centre to form a dome which is the top.

Step 5 - Allow the dough to rise again to at least double in size about an hour at 20°C.

Step 6 - Place bread in the middle of an oven at 180°C with a tray of water cold at the bottom & bake for 20 to 30 mins or until golden brown.