

Enriched White Bread



Ingredients & Prep

600 g Flour strong white
425 ml Milk luke warm
3 Egg yolk
100 g Butter melted
50 g Caster sugar
7 g Yeast dried
1 tsp Salt

Recipe By FoodieBook

Ref: 473

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Vegetarian

No of Portions: 8

Method

Step 1 - To make the starter place milk, 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 h& oil work top & hand & knead well for at lease 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 work top & hand for 5 mins.

Step 7 - Structure the dough by flatting 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 time 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 making dish 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.

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.