

Wholemeal Bread



Recipe By FoodieBook

Ref: 474

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Vegetarian

No of Portions: 8

Ingredients & Prep

400 g Strong wholemeal flour

350 ml Water luke warm 40°C

50 g Strong white flour

50 g Butter melted

30 g Brown sugar

7 g Yeast dried

1 tsp salt

Method

Step 1 - Tip the flours, yeast, salt & sugar into a bowl & mix well. Add water & stir in well, then pour in the butter & work in well. You should have a sticky dough.

Step 2 - Tip out on to a lightly oiled work surface & knead for 10 mins, then put back in the bowl & cover with cling film with a small hole with a knife, allow to double in size.

Step 3 - Flatten the dough into a rough rectangle about the length of your baking tin, then roll up tightly, & put into a greased tin, with the join facing downwards. Cover & leave to rest in a warm place until it has doubled in height (at least 1½ hours). If you want rolls divide dough into 80g pieces flatter out dough pull in surrounding edges into the middle to form a doughnut shape, place on a non stick baking sheet to rise.

Step 4 - Heat the oven to 200°C bake for 30 minutes, until the crust is a deep brown, & the loaf sounds hollow when tapped. Turn out on to a cooling rack.

Suggestion & Tips

Brown or wholemeal tends to take longer to rise than white bread. If you wish you can sprinkle over seed of choice from the beginning of the second rise.