

# Wholemeal Bread



## Recipe By FoodieBook

**Ref:** 475

**Heading:** Bread & Baking

**Cuisine:** British & Irish

**Food Type:** Vegan

**No of Portions:** 8

## Ingredients & Prep

400 g Strong wholemeal flour

350 ml Water luke warm 40°C

50 g Strong white flour

40 ml veg oil

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 oil & 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 oil, 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.