

Heathcote Primary School SAKGP

BREAD RECIPE

This easy bread recipe comes from the River Cottage Cookbook and can be used for a loaf of bread, 3 x Pizza bases, bread rolls, Pitta bread or flat bread. It can be frozen raw or baked. I used $\frac{1}{2}$ bread flour and $\frac{1}{2}$ wholemeal flour but you can use just plain flour.

I hope you have fun baking and eating it!

INGREDIENTS:

500g (approx 3 cups) plain flour or bread flour or half and half.

1 $\frac{1}{2}$ teaspoons salt

1 teaspoon dried yeast

325ml (1 $\frac{1}{2}$ cups) Warm water (from the tap is fine)

1 tablespoon olive oil (extra for brushing the bowl)

METHOD:

Heat oven to 220 degrees

Mix all the dry ingredients together

Mix all the wet ingredients together, then pour into the dry ingredients and mix until you have a soft slightly sticky dough.

Flour the bench lightly, you can always add more if needed, tip out the dough onto the bench.

Knead dough with a push and pull movement for about 10-15 minutes.

The dough should be smooth and will spring back if you poke it.

Rub oil around a clean mixing bowl, add kneaded dough and brush the top with oil, cover with a clean tea towel or cling wrap and place in a warm spot until the dough doubles in size, about 1 ½ hours.

When the dough is well risen and puffy, remove cover and “knock back”. This can be done by gently pushing your fist into the center, the dough will deflate and you can ease it out of the bowl onto a lightly floured bench where it can be shaped into the type of loaf you wish.

Place on baking paper then on either a baking tray or a pre heated cast-iron pot with lid. Baste with water then slash top with a sharp knife and sprinkle with flour.

Bake for about 50 minutes.....if in a cast iron pot remove the lid 20 min before to brown.

Place on cooling rack for at least 20 min before slicing.

*Note- All ovens differ, to make sure your bread is cooked. It should be dark golden brown and should sound hollow if you tap the bottom of the loaf with your knuckle.

Enjoy!

Michele