

## Easy Homemade Bread



One of our Directors, Mark, and his extended family (Isla and Ollie) are always game to 'have a go' and test any recipes for us before we share with the wider audience!

This is a great bread recipe that Jamie Oliver recently demonstrated on his show '**Carry on Cooking**'. You can either make two loaves of bread and freeze one or do what Mark did, make one loaf of bread, and use the rest for pizza bases! This recipe is vegetarian, vegan, and dairy free too!!!

It is a simple recipe and only takes 45mins to cook, (*excluding proving time*).

### **INGREDIENTS**

- 1 x 7g sachet of dried yeast
- 1kg strong bread flour, plus extra for dusting
- 650ml of tepid water
- ½ tsp of sea salt

### **METHOD**

1. Pour 650ml of tepid water into a large bowl. Add the yeast and mix with a fork for a couple of minutes then add most of the flour and sea salt, mix with your fork until you cannot move it anymore.

#### **Now for the fun part!**

2. Using your hands work mixture together to form a dough ball, add additional flour as you need to stop your hands and the dough sticking.
3. Transfer the dough to a flour-dusted surface and keep kneading, pushing, and stretching for 5 minutes, a great way to beat '*Lock Down*' stress until you have a silky and elastic dough.

4. Using your floured hands, shape the dough into a rough ball and place it in a mixing bowl, flour the top and cover with clean damp tea towel. Allow it to prove **for about an hour or an hour and a half or until the dough has doubled in size** – ideally in a warm draught free place!
5. Once the dough has doubled in size, knock the air out by punching it with your fist, another great ‘stress buster’, and then knead for 30 seconds.
6. You can now shape it and, or, flavour it, Mark and the children added sunflower seeds and said it was ‘yum’! You can have a rustic bun shape, folded loaf, filled loaf, or a tray baked or loaf tin loaf.  
*(This recipe makes two loaves but, if you want to make a loaf and 4 small pizzas then simply divide the dough at this point in the process.)*
7. Leave it to prove for a second time, **for 30 minutes to an hour or until it has doubled in size again.**

**Top tip: Before the second proving, once shaped the way you want it, put dough into / onto the tin you are going to cook it in to prove; that way it stops you accidentally knocking the air out!**

8. Preheat the oven to 180C / 350 F Gas Mark 4.

**Another tip: Place a tray with water in the bottom of your oven. The steam from the tray gives you a lovely hard crust on the loaf.**

9. Carefully transfer the dough to the oven and gently close the door. Bake for about 35 minutes or until golden. You can tell if it is cooked by tapping on the bottom – if it sounds hollow it is done, if it does not then pop it back in the oven for a little longer.
10. Once cooked, place your loaf onto a cooling rack and allow to cool before you smother with your choice of topping to eat and enjoy!

