

Bread

This is a great basic bread recipe. Try the suggested alternatives and add different toppings such as poppy seeds. Why not try making bread rolls or a plait? Serve with soups and stews, there are several recipes on our website.



Wheat (gluten)*

Nutritional information per portion (142g):

Energy	Fat	Saturates	Sugars	Salt
1281kJ 305kcal 15%	1.7g 2%	0.2g 1%	1.3g 1%	0.62g 10%

of an adult's reference intake.
Typical values per 100g: energy 902kJ/215kcal.

Equipment

Weighing scales
450g loaf tin x 2
or 900g loaf tin
Mixing bowl
Sieve
Measuring spoons
Measuring jug
Wire rack
Bread knife
Oven gloves
Kettle and bowl
(optional)

Ingredients

Makes 1 loaf (serves approx. 8) or 2 small loaves
Vegetable oil
(to grease loaf tins)
700g strong white flour
1 x 5ml spoon salt
1 x 7g sachet of dried yeast
425ml hand-hot water

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- To help your dough rise more quickly, place on the top shelf of a clean, cold oven. Put a tray or bowl of boiling water in the base of the oven and shut the door immediately. The steam in the confined space will create humid conditions which will accelerate the process. There is no need to cover the dough.

Bread

Method

1. Grease your loaf tin(s).
2. Sift the flour and salt into a bowl and stir in the yeast.
3. Add the water and mix with a wooden spoon until you have a ball of dough. Use your clean hands to mix this together, adding a tiny bit more hand-hot water if it is too dry.
4. Transfer the dough onto a clean, lightly floured work surface. Knead the dough for 5–10 minutes until it is smooth, springy and elastic.
5. If you are making 2 loaves, divide the dough in half and mold into an oblong shape and place into your greased loaf tins. If you are making one loaf, place this into your large loaf tin.
6. Leave your tin(s) in a warm place until the dough rises above the tins and springs back when lightly pressed. This should take about 30–40 minutes.
7. Preheat the oven to 230°C/210°C fan or gas mark 8.
8. Once your bread has risen, bake the loaves on the centre shelf for 30–40 minutes, or 35–45 minutes for the large loaf, until they are golden and sound hollow when their bases are tapped.
9. Turn the loaves out of the tins and cool on a wire rack.

Something to try next time

- Try using different types of flour, such as wholemeal, next time. You might need to use slightly more water when making the dough, as wholemeal flour tends to absorb more liquid.
- You can also try adding different toppings such as poppy seeds, oatmeal, herbs, pumpkin seeds or sunflower seeds. Simply brush your uncooked dough with beaten egg and sprinkle with the topping of your choice before baking.

Prepare now, eat later

- Store the bread for up to 2 days in a cool place.
- Freeze the fresh bread for up to 1 month.

Skills used include:

Weighing, measuring, sifting, mixing/combining, kneading and baking.