

GOLDEN WHOLEGRAIN LOAF

Preparation time: 15 minutes plus proving time

Baking time: Small loaves 20 - 25 minutes; large loaf 30 - 35 minutes

INGREDIENTS

500g Golden Wholegrain Bread flour

7g Dried fast action yeast (or 14g fresh yeast)

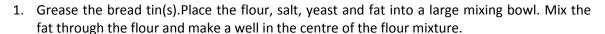
10g Fat or olive oil

7g Sea salt

330ml Lukewarm water



METHOD – baking by hand



- 2. Add most of the water to the well, keeping a little in reserve, and mix to a soft dough. Add the remaining water if necessary.
- 3. Tip the dough onto a table and knead for 8 to 10 minutes.
- 4. Place the dough back into the bowl and cover with oiled cling film or a damp tea towel. Prove in a warm place until the dough doubles in size. This will take approximately 45 minutes.
- 5. Split the dough into two pieces if desired. Mould the dough round and fold to the shape of the tin(s). Place the dough piece into the tin, seam down, cover with oiled cling film or a damp tea towel. Put in a warm place and allow to rise about 1cm above the tin. This will take 45 to 60 minutes.
- 6. Uncover and bake in a preheated oven, 220°C fan/240°C/430°F/Gas 8. Bake small loaves for 20-25 minutes or a large loaf for 30-35 minutes.
- 7. Remove the loaf from the tin. Check it is baked by tapping the bottom of the loaf it should sound hollow. Place on a wire rack to cool.

METHOD – using a bread machine

We recommend using a wholemeal bread setting and following the manufacturer's instructions particularly regarding the order in which to add ingredients and the water quantity.

