



White Yeast Bread

Ingredients – Makes 1 loaf/12 rolls

- 500g Strong white flour - a little extra for dusting
- 10g Sugar
- Pinch salt
- 350ml warm water, check that it is no hotter than your little finger
- 7g Fast action dried yeast

Method

1. Place all the dry ingredients in a large bowl.
2. Stir together
3. Make a well in the centre, and put in most of the water. Mix together with one hand on the bowl and one gently combining the wet and dry ingredients together. Add a little touch more water if needed
4. form a soft dough and turn out onto a very lightly floured surface, knead using the palm of your hand to stretch the dough forward, turn it back on itself, turn it around and then do again. Keep going until the dough is smooth and no longer sticky. After the first few kneads you should not need more flour on the surface. It will take at least 10 minutes
5. Shape into a ball and place smooth side up in an oiled bowl. Rubbing the dough in the oil
6. Cover with oiled cling film and keep in a warm place until the dough has doubled in size, it should take an hour.
7. Knock a gentle punch into the centre of the dough when it has doubled in size, knead again for a few minutes and shape into your baking sheet, baking tin. Leave to prove for another 30 minutes covered with a tea towel, Bake at 220c for 15 min then turn down the heat to 190c for 30 min

8. **Instead** of above step place in a pre-heated Pyrex dish with a lid. If you are using the heated Pyrex dish put directly in the oven with the Pyrex lid on.
9. 10 mins before cooking time is up remove the Pyrex lid and finish cooking to brown.
10. Bake at 220C for approximately 25 minutes until golden brown
 - Additional toppings: Sunflower seeds, poppy seeds, cheese, sugar, fennel seeds
 - Variations: Garlic and herb, walnut, olive and tomato, cinnamon and raisin, banana poppy seed honey and orange zest, rosemary, herb and cheese