



# Basic Bread

**Season:** All

**Type:** Basics and Breads

**Difficulty:** Intermediate

**Makes:** 1 loaf

**Recipe Source:** Stephanie Alexander Kitchen Garden Foundation

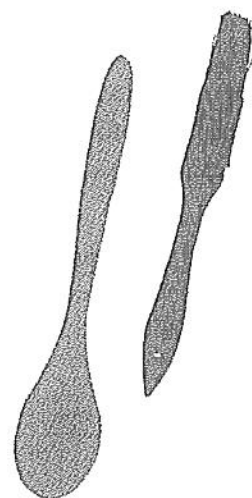
Basic bread is delicious and not difficult to make at all – most students enjoy kneading and shaping the loaves. This recipe needs time for two risings, so in kitchen classes the dough will be made for you and you will make the dough for the next class.

## Equipment:

metric measuring scales and spoons  
2 large mixing bowls  
large measuring jug  
wooden spoon  
large board or flat, clean surface for kneading dough  
pastry brush  
tea towel  
spoon  
oven mitts  
baking tray and baking paper

## Ingredients:

600 ml warm water  
2 tablespoons honey  
(can substitute with molasses)  
800 g plain flour  
200 g whole-wheat flour  
2 teaspoons salt  
14 g instant dry yeast  
  
vegetable oil, for oiling bowl and tin



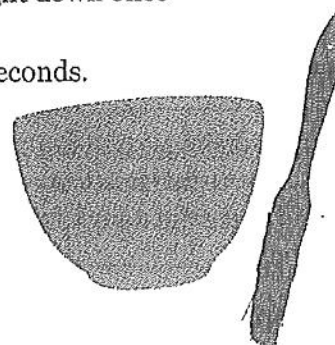
## What to do:

- Combine the water and honey, and stir to dissolve the honey.
- Tip the flour into a large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon. Make a well in the centre.
- Pour the water and honey mixture into the well.
- Stir to mix the flour and water to a heavy dough.
- Sprinkle flour on a clean, dry surface. Pat some flour onto your hands and sprinkle some flour on the dough in the bowl.
- Tip out the dough and pat all the pieces into a pile. Squash it down, using your hands to gather it all together into one lump.
- Knead the dough for 5 minutes.
- If the dough feels sticky, sprinkle the dough with more flour.
- Lightly oil a large bowl and put the dough inside.
- Cover the bowl with a tea towel and leave it for at least 30 minutes in a comfortably warm place (not too hot).



*Basic Bread continued*

- Preheat the oven to 200°C.
- When the dough has doubled in size, make a fist and punch straight down once into the dough to release air.
- Tip your dough onto the floured surface and knead again for 30 seconds.
- Divide dough into 30 pieces. Shape each piece into a round ball or knot and place it on a lined baking tray. Once all the dough has been shaped leave it in the warm place again for 20 minutes. You should then see that the bread dough has risen.
- Put the tray in the oven and bake for 20–25 minutes.
- **\*Wearing oven mitts on both hands**, carefully take the tray out of the oven.
- Tap the bottom of a bun with a finger and listen carefully. The sound will be a hollow 'tonk' like a muffled drum. Allow to cool a little before serving.
- Wait at least 10 minutes before slicing and serving warm.



\*Adult supervision required