

BASIC WHITE BREAD

Nothing is easier than making your own bread, and the smell of a freshly baked loaf, delicious, warm and fresh from the oven, is one of the most important and satisfying foods in our staple diet.

Makes 1 x 900g (2lb) or 2 x 450g (1lb) loaves

Ingredients:

700g (1½ lb) strong plain white flour

1 teaspoon salt

15g (½ oz) lard

1 sachet Easy Blend dried yeast (or 20g (½ oz) fresh yeast

425ml (15fl oz) hand hot water

Beaten egg or milk to mix



Method:

Sift the flour and salt into a bowl. Rub in lard. Stir in the dried yeast then add the water, (if using fresh yeast, dissolve in a little hand hot water, then add to the flour with the remaining liquid). Mix ingredients together to form a dough. Turn the mixture onto a floured surface and knead together for 5 minutes or until smooth and elastic. Place the dough in a lightly oiled plastic bag and leave in a warm place until doubled in size. Turn the dough onto a floured surface and knead again. Leave whole if making 1 loaf or cut in half if making 2 smaller loaves. Shape and place in greased loaf tins. Cover and leave to prove in a warm place until well risen. Glaze bread with beaten egg or milk and bake in preheated oven 240C, 475F, Gas mark 9 until loaf is risen, well-browned and shrinking slightly from sides of the tin. Loaf should sound hollow when tapped on the bottom.