

The Watermill, Little Salkeld Simple Bread Recipe



12 oz (335gm) Wholemeal Flour
1 Teaspoon dried Yeast
Pinch of Salt
310ml of warm water (50% cold/50% boiling)

1. Put flour, salt and yeast in a mixing bowl.
2. Add the water and mix, to produce a sticky dough.
3. Knead the mixture briefly until it comes away from the side of the bowl, and then leave to rest for 10-20 minutes, this is to allow the flour time to take up the moisture.
4. Knead the mixture again, briefly (just for a few seconds).
5. Sprinkle a small amount of flour on to your bread board and then mould the dough by flattening into a rectangle, roll up the dough, turn 90° and turn over, do this three times making sure that on the last roll the width of the dough is the right size for a 1lb loaf tin.
6. Place the dough into a well greased loaf tin, it should come approximately 2/3rds of the way up, leave in a warm, draught free place to rise (this will probably take about 1/2 an hour but may be longer, be patient). When risen fully the loaf will spring back if gently pressed.
7. When the dough reaches the top of the tin, put it into a preheated oven at 220°C, for approximately 25 minutes. When the bread is cooked and tipped out of the tin it should be firm all over.
8. Leave to cool on a wire rack.
9. Wrap in a tea towel and eat over the next few days.