



A Simple Loaf using a Bread Machine

- 2 tsp fast acting dried yeast
- 300g Wholemeal Bread Flour
- 200g Unbleached White Bread Flour
- 1 tsp sugar or 2 tsps. of malt
 - 1 tbsp oil
 - 1 tsp salt
 - 360ml water

Method

1. Put the ingredients into the bread machine pan in the order recommended by the machine manufacturer.
2. Stir together carefully. Allow the yeast to start working... it will form bubbles, by allowing this extra process to occur you will find that the loaf will be less dense.
3. Turn the machine to the whole wheat rapid bread setting.
4. Check the pan is locked into position and start the machine.
5. Remove the bread from the machine as soon as it is cooked and remove the mixer paddle from the base.
6. Place the bread on a wire rack...this improves the crust texture... don't be tempted to cut the bread until perfectly cold...cutting the bread when it is still warm will alter the texture and finish of the bread.
- 7.

Instructions for Bread Mix

8. Place bread mix in a bowl and add 320mls of water.
9. Mix together until the dough can be formed into a ball, cover and leave to rest for 10 minutes.
10. Place the dough ball onto a lightly floured surface and knead and stretch the dough for 5 minutes, before allowing a further rest for 5 minutes.
11. Shape your loaf or rolls and leave to prove in a warm place for 30-40 minutes or until doubled in size.
12. Bake in a preheated oven 200c 180 c [FA] or gas 7, for about 30 –40 minutes for a loaf or 15—20 minutes for rolls. The bread is done if it sounds hollow when tapped underneath. Turn onto a wire rack to cool.
13. 1 x 500g bag will make 1 loaf or up to 10 rolls



Preserving the Past for the Future

