

LINCOLNSHIRE FOOD & GIFT

AT THE SHOWGROUND

Pete Welbourne

Traditional Bread Recipe

ingredients

- 1 1/2 kilo bread flour
- 25g salt
- 25g fat
- scant teaspoon of sugar
- Vitamin C (stocked by health food shops)
- 825ml warm water (cold water will stop the yeast working, hot will kill it)
- 25g fresh yeast

method

1. Place the flour, salt, fat and yeast into a large bowl and mix, breaking up the fat and yeast. add 1 pint of water and mix, then slowly add the rest of the water. You are trying to achieve a stiff chewing gum consistency. knead and stretch and pull the dough for 10 minutes cover with a clean cloth and stand in a warm place for 30-40 minutes until it doubles in size
2. TIP your dough onto a flavoured table and press as much air out of it as you can. Then shape into loaves of your choice
3. mark and sprinkle with flour or leave plain. for toppings, brush the top with egg or water and sprinkle. Grated cheese can go straight on the top.
4. after you have shaped your loaf, let it stand again in a warm place for about 30 minutes until it doubles in size once more. Preheat the oven to 230C/450F or gas mark 8 for approximately 30 minutes, but of course this will vary with the size of your loaf. With the above ingredients you should get two large or four small loaves. To test that a loaf is baked, tap the bottom with a knuckle and it should sound hollow.
5. ENJOY!

