

Basic Ingredients HomeBread

Hand Method



INGREDIENTS TO MAKE 1 X 750g LOAF:

1 ½ teaspoons Instant Yeast (Australian standard measurement)

500g of any Basic Ingredients' Bread Blend

Water: Mix together 200mL tap water and 130mL hot water (*do not use all this water*)

- Blend together the bread mix and yeast in a large mixing bowl
- Add the warm water a little at a time and mix with a mixing spoon until all the dry ingredients have been absorbed into the dough (dough should look shaggy). You may not need the total water quantity.
- Use your flour shaker to sprinkle flour onto a flat surface and tip the dough onto it. Knead the dough using the palm your hands for 10 minutes (or until no lumps in dough). You may need to add more flour to the dough until smooth (dough should not be sticking to your hands or the bench).
- Use your bowl scraper to remove any dry dough from the bowl. Put a drop of oil in the bowl and roll the dough until covered with oil. Cover the bowl with plastic or a damp cloth. Place the bowl into a warm position until doubled in size (approx. 45 minutes to 1 hour) Do not let the dough get too hot.
- Place the dough onto a lightly floured board, knead lightly for one minute to return dough to original size.
- Shape the dough to fit the tin of your choice. Spray top with a little water and sprinkle some seeds (optional).
- Cover with a damp cloth or plastic and place the bread tin in a warm position until the dough doubles in size and rises above the top of the tin, approximately 45- 60 minutes. It may take longer on a cool day.
- Bake in a hot oven (200-220°C) for 10 minutes, then reduce oven temperature to 180-200°C for 15 to 20 minutes.. For a crusty loaf spray the dough with water sprayer before putting the tin into the preheated oven. Loaf should be golden brown and sound hollow when tapped. Let the bread

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