

Recipes from the Millers

A Simple Bread Recipe



Ingredients

- 335g (12 oz) Acorn Bank Flour – note some people like to mix 6oz of Acorn Bank Flour with strong white flour to help it rise
- 1 Teaspoon of dried yeast
- A pinch of salt
- 310 ml (1/2 pint) of warm water

Method

- To make a batter, put about a third of the flour, all the yeast and whisk or mix together with the water in a large bowl. Cover the bowl and leave aside overnight, or for at least 6 hours.
- Add the rest of the flour and the salt to the bowl and knead briefly, until the dough comes away from the side of the bowl. Leave the dough to rest for about 20 minutes for it to absorb all the moisture.
- Knead the dough (knock it back) for a few seconds.
- Sprinkle a small amount of flour onto a clean, dry surface. Mould the dough by flattening it into a rectangle, roll up the dough and turn it through a right angle. Turn the dough over and repeat. Repeat this process for three times, making sure that on the last pass that the dough is the right width for your loaf tin. Place the dough in a well greased tin– the tin should be about 2/3rds full, and leave in a warm, draught-free, place to rise. This will usually take about an hour, so be patient. When fully risen, the loaf will spring back if gently pressed.
- When it has risen, put it into a preheated oven at 220 deg C for approximately 25 minutes. When the bread is removed from the tin it should be firm all over and sound hollow when tapped.
- Leave to cool on a wire rack. Wrapped in a tea towel it is reputed to keep well for several days, but I love fresh warm bread with butter melting into it...Other temptations are available of course...

This recipe is an easy one, with minimal kneading required. The main skill required is patience. Apart from that it is an easy recipe to try with children