



Stage 8: Basic bread recipe

Ingredients

500g strong white bread flour
7g sachet fast-action dried yeast
1 tsp salt
2 tbsp olive/rapeseed oil
300ml warm water

Method

1. Look at the scales and work out where the dial needs to be for each ingredient quantity and then carefully weigh your ingredients.
2. Prepare the herb and vegetable ingredients. Wash and chop them safely, using the method your teacher has modelled.
3. Tip the flour, yeast and salt into a large bowl and mix together with your hands.
4. Add your additional dry ingredients.
5. Add the oil.
6. Gradually stir in the water to make a soft dough.
7. Add your additional wet ingredients.
8. Turn the dough out onto a lightly floured surface, divide it equally among your group members and knead your dough for 5 minutes until it no longer feels sticky, using the method your teacher has modelled.
9. Shape your dough into your chosen shape. Leave it to prove in a warm place for between 30 minutes and 1 hour. Your dough will increase in size during this time. Can you explain why?
10. Heat oven to 200C/fan 180C/gas 6 and bake for 20-25 minutes until the bread is risen and golden.
11. Tap the base of your bread to check it is cooked. It should sound hollow.
12. Leave it to cool on a cooling rack.