

## GOLDEN WHOLEGRAIN LOAF

Preparation time: 15 minutes plus proving time

Baking time: Small loaves 20 - 25 minutes; large loaf 30 – 35 minutes

### INGREDIENTS

500g	Golden Wholegrain Bread flour
7g	Dried fast action yeast (or 14g fresh yeast)
10g	Fat or olive oil
7g	Sea salt
330ml	Lukewarm water

Makes 2 small loaves or 1 large loaf

### METHOD – baking by hand

1. Grease the bread tin(s). Place the flour, salt, yeast and fat into a large mixing bowl. Mix the fat through the flour and make a well in the centre of the flour mixture.
2. Add most of the water to the well, keeping a little in reserve, and mix to a soft dough. Add the remaining water if necessary.
3. Tip the dough onto a table and knead for 8 to 10 minutes.
4. Place the dough back into the bowl and cover with oiled cling film or a damp tea towel. Prove in a warm place until the dough doubles in size. This will take approximately 45 minutes.
5. Split the dough into two pieces if desired. Mould the dough round and fold to the shape of the tin(s). Place the dough piece into the tin, seam down, cover with oiled cling film or a damp tea towel. Put in a warm place and allow to rise about 1cm above the tin. This will take 45 to 60 minutes.
6. Uncover and bake in a preheated oven, 220°C fan/240°C/430°F/Gas 8. Bake small loaves for 20-25 minutes or a large loaf for 30-35 minutes.
7. Remove the loaf from the tin. Check it is baked by tapping the bottom of the loaf - it should sound hollow. Place on a wire rack to cool.

### Method – using a bread machine

We recommend using a wholemeal bread setting and following the manufacturer's instructions particularly regarding the order in which to add ingredients and the water quantity.