

Bread

Ingredients

200g strong flour
5ml spoon salt
7g pack fast action dried yeast
5ml spoon sugar
150ml warm water

Equipment

Sieve, mixing bowl, weighing scales, measuring jug, baking tray, pastry brush and cooling rack.



Method

1. Preheat the oven to 220°C, gas mark 7. Grease a baking tray or loaf tin.
2. Sieve together the flour and salt into a mixing bowl.
3. Stir in the yeast and sugar.
4. Add warm water, mix into a dough.
5. Knead the dough for 10 minutes.
6. Divide the dough into 4 and shape into rolls.
7. Place the rolls on the greased baking tray.
8. Cover the dough and leave to prove for 30 minutes in a warm place until it doubles in size.
9. Bake for 10 - 15 minutes until golden brown.

Handy Hints

- Why not try adding 25g apple, grated cheese, dried fruit or chopped onion to the flour mixture?
- Decorate your bread with sesame seeds, poppy seeds, grated cheese or diced onion.