



WHOLEMEAL BREAD RECIPE
(Adjusted to Steve's taste
Original recipe 400g wholemeal and 50g white)

350g strong wholemeal flour (I use 450g of wholemeal flour or 50g Bran)

100g strong white flour

2 tsp dried yeast

Half a 500mg vitamin C tablet, crushed (capsule is easier)

2 tsp salt

3 tsp brown sugar

300ml warm water

50g melted butter

1. Tip the flours, yeast, vitamin powder, salt and sugar into a bowl and mix well. Add 300ml water, and stir in well, then pour in the butter and work in well. You should have a soft, sticky dough: if not, add a little more water. Cover and leave for 10 minutes.
2. Tip out on to a lightly oiled work surface and knead for 10 seconds, then put back in the bowl and cover. Repeat twice more at intervals of 10 minutes, then leave the dough to rest for 15 minutes.
3. Flatten the dough into a rough rectangle about the length of your baking tin, then roll up tightly, and put into a greased tin, with the join facing downwards. Cover and leave to rest in a warm place until it has doubled in height (at least 1½ hours).
4. Pre-heat the oven to 220C. Bake the bread for 20 minutes, then turn the temperature down to 200C and cook for a further 15–20 minutes, until the crust is a deep brown, and the loaf sounds hollow when tapped. Turn out on to a cooling rack.