

# Wholemeal Bread:

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*Bake Time:* 30-35 minutes

*Bake Temp:* 230°C/420°F/Gas Mark 8

*Yield:* 2×1lb loaves

*Prep Time:* Up to 4 hours 45 minutes depending on temperature

## Ingredients:

- 1½lb (650g) Strong Wholemeal Flour (or 50:50 wholemeal:strong white for lighter loaves)
- ¾ pint (400ml) warm water
- 1 tablespoon (18ml) vegetable oil (such as sunflower)
- 1 tablespoon (18ml) sugar (dark brown or Muscovado if preferred)
- 1 - 2 level teaspoons (7-14g) salt
- 3 teaspoons (15g) dried yeast



## Optional Ingredients:

- 3-6 tablespoons (54-108ml) seeds such as Blue Poppy, Sesame or Sunflower

## Directions:

1. Weigh out the flour and place in a large bowl. Add the salt and seeds (if using) and mix well together.
2. Measure the water, which should be at around 110°F (43°C), and add the sugar, dissolving it thoroughly. Add the yeast and mix well in. Allow the yeast to ferment for approximately 20 minutes in a warm place until frothy.
3. Add the flour and salt mixture and the oil to the water. Mix together to a dough, making sure that the result is neither too sticky nor too dry (add water or flour as appropriate to correct this). If you have a food mixer with a dough hook knead for 3 minutes until the dough is smooth and elastic and the sides of the bowl are clean. Knead the dough for around 10 minutes if doing so by hand.
4. Put the dough in a bowl and cover with a damp cloth. Leave in a warm place (at or slightly above room temperature, not too hot) until the dough has doubled in bulk. This can take up to 2 hours at room temperature.
5. Knead the dough for 2 minutes in a food mixer using a dough hook, or for 10 minutes by hand. This stage is known as *knocking back*. Form into pieces appropriate to the type of bread being made: if making rolls, place the shapes on a greased baking sheet; if making loaves, place the shaped loaves in greased loaf tins. Allow the dough to rise again in a warm room, covered with a damp cloth. This can take up to 2 hours at room temperature.
6. When the dough has doubled in bulk place in a hot oven at 230°C/420°F/Gas Mark 8 for 30-35 minutes.