

Fate Continental Style Loaf

Ingredients

500g Fate Low Protein All-Purpose Mix

1 sachet of yeast (enclosed with the Fate Mix)

2 teaspoons salt

120ml oil or 50ml for the lower fat version

2–3 drops suitable gravy browning

450ml warm water

Extra Fate All-Purpose to shape

Method

1. Preheat the oven Gas Mark 6/200°C/400°F.
2. Place the Fate All-Purpose Mix into a mixing bowl.
3. Add the sachet of yeast and the salt. Stir.
4. Measure the oil and warm water and place into a separate jug. Add a couple of drops of browning.
5. Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk, or an electric hand whisk, quickly mix well to get everything blended together. Continue to mix for about 1 minute.
6. Turn the whole lot onto a large baking tray and sprinkle lightly with a little Fate All-Purpose Mix. Gently pat the mixture into a smooth round shape.
7. Place the baking tray into a large polythene bag and tie the ends up, trapping enough air so that the polythene is lifted well above the bread.
8. Leave in a warm place to prove until double in size. Do not over prove.
9. Bake for around 40-45 minutes until golden brown. Transfer to a wire rack to cool. The loaf freezes very well.

