

Basic Loaf Recipe

Ingredients

500g packet Loprofin Mix

1 sachet dried yeast (supplied with Loprofin Mix)

1 teaspoons salt

2 tablespoons cooking oil

450ml/15fl.oz tepid water

Oven temperature: 220°C/425°F/Gas Mark 7

Method

1. Mix together Loprofin Mix, yeast and salt in a large bowl - stir in oil and water.
2. Beat mixture for 1 minute (if using electric hand mixer) or 2-3 minutes if using wooden spoon, until batter is smooth and glossy.
3. Divide mixture between prepared tins, smooth surface and carefully brush with oil to seal batter and prevent drying out whilst proving.
4. Loosely cover tins with cling film and put in warm place to prove/rise for approximately 30 minutes, until batter has doubled in size.

Using a Bread Maker

1. Set your bread maker to dark crust, basic or bake rapid setting, with loaf size 700g or XL.
2. Put the oil and tepid water into the bread maker first; add the mixture, yeast and salt.
3. Cooking low protein bread with a bread maker will take approximately 3 hours.
4. Once cooked, switch off the bread maker, take the pan out of the machine and turn the bread out onto a wire rack to cool slightly before serving.

Note

Rub olive oil over the loaf tin before pouring the mixture in - this will stop your loaf sticking.

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