

Bread

Ingredients

400g/14oz Low Protein Flour Mix

250ml/9fl.oz water at 100°F/38°C (Finger warm)

2 level teaspoons dried yeast or 15g/½oz fresh yeast

1 level teaspoon sugar

1 level teaspoon salt (if allowed)

Oven 400°F/200°C/Gas Mark 6



Method

1. Dissolve yeast and sugar in 100ml (or approx. ⅓ of the measured water).
2. Leave it in a warm place until frothy, about 10 minutes.
3. Sift the low protein flour mix and salt together in a bowl.
4. Add the dissolved yeast and the rest of the water and bring together to form a dough.
5. Turn on to a floured (low protein) surface.
6. Knead and stretch the dough until smooth (takes 2-3 minutes).
7. Shape the dough into small rolls, a French stick, plait or cottage loaf, or roll out to make a pizza base.
8. Place on a greased baking sheet.
9. Brush the dough with oil and leave in a warm place until the dough has doubled its size.
10. Place in the oven and bake until golden brown. Baking time will depend on the product made.
11. If making a pizza, top with the required filling prior to baking,
12. When cool, wrap the loaves in polythene or foil.