

Making fresh bread

LESSON PLAN



Equipment



- Mixing bowl
- Glad wrap
- Baking tray
- Baking paper
- Sharp knife
- Wire rack/tray
- Measuring cup
- Measuring spoons

Ingredients

- 500g strong white flour, plus extra for dusting
- 2 tsp salt
- 7g sachet fast-action yeast
- 3 tbsp olive oil
- 300ml water

Method

1. Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
2. Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
3. Tip onto a lightly floured work surface and knead for around 10 mins.
4. Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with glad wrap. Leave to rise for 1 hour until doubled in size.
5. Line a baking tray with baking paper. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.
6. Place it on the baking paper to prove for a further hour until doubled in size.
7. Heat oven to 220 °C, if fan forced 200 °C.
8. Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a sharp knife.
9. Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.

