

# Simple White Bread

## You will need

(makes 1 small loaf)

300 g (10 1/2 oz) strong white bread flour

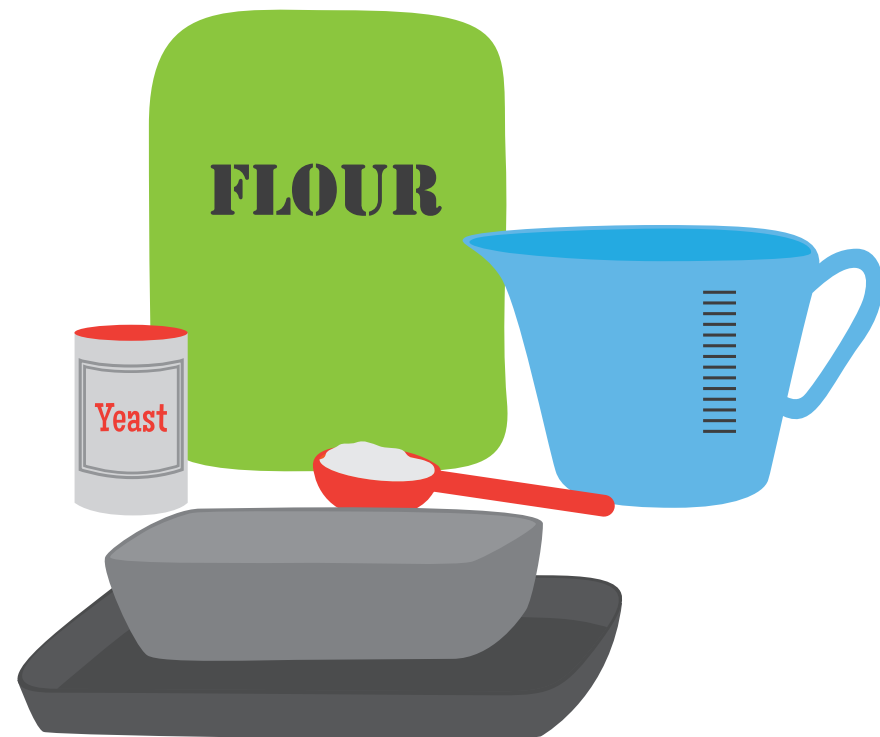
1 tsp salt

2g (3/4 tsp) dried active yeast or instant yeast

200 ml (7 fl oz) warm water

15 cm x10cm (6inx4in) loaf tin, greased  
with vegetable oil

roasting pan



## What you do

In a medium-sized mixing bowl, combine the flour and salt.

Weigh the yeast and place in a larger mixing bowl, add the water and stir until dissolved.

Add the flour/salt mixture to the yeast and stir with a wooden spoon. Use your hands until it comes together to form a dough.

Use a plastic scraper to scrape the side of the bowl clean. Leaving the dough in the bowl, cover it with the smaller empty bowl (turned upside down) and let it stand.

After 10 mins, the dough is ready to be kneaded. Leaving it in the bowl, stretch a portion up from the side and press into the middle. Turn the bowl slightly and repeat 8 times around the bowl. This should take 10 seconds and the dough should start to resist.

Cover with the empty bowl again and let it stand for 10 mins. Then repeat the kneading procedure twice more, letting it rest for 10 mins each time.

Cover with the empty bowl again and let it rise for an hour.

When the dough has doubled in size, punch it down gently with your fist once or twice to release the air.

Lightly dust a clean work surface with flour. Remove the ball of dough from the bowl and place it on the floured surface. Gently flatten the dough into an oval. Fold the right end of the oval into the middle. Press down to seal the dough.

Shape the dough into the size of the loaf tin. Place the dough inside the tin seam side down.

Cover the tin with a bowl and let it rise until slightly less than double the size – about 30 – 45 mins.

20 mins before baking preheat the oven to 260 C/fan 240/gas 9. Place a roasting pan at the bottom of the oven. Fill a cup with water and set aside.

When the dough has finished rising, remove the covering. Place the loaf in the oven, pour the cupful of water onto the hot roasting pan to form steam and lower the oven to 200/ 180 fan/gas 6. Bake for 35 mins, or until golden brown.

To check it's ready, tip out of the pan and tap the bottom – it should sound hollow. If it's not ready, cook for a few more minutes. Place on a wire rack to cool.



Courtesy of the Daily Mail.