

Bread

The following recipe to be used.

1lb (450g) strong bread flour

1/2oz (10g) fresh yeast or 1 packet dried yeast mixed with 1tsp. sugar and ½ pint (275ml) water (at blood heat)

½ oz (10g) lard, butter, or 1tbsp. olive oil

1 tsp. salt

1 tsp. sugar

Method

1. Mix flour and salt and rub in flour/oil
2. Prepare yeast and leave until frothy, approx 10 mins.
3. Add to flour and mix to a soft dough
4. Turn onto a board, knead for 10 mins. until smooth and non-sticky
5. Put into a bread tin approx. 7½" x 4½" x 3"
6. Cover with oiled polythene and leave to rise in a warm place until doubled in size, approx 50-60 mins.
7. Remove polythene and bake in a hot oven, 50F, 230C or Gas 8 for 30-45 mins until done and the loaf responds with a hollow sound when the base is tapped

MUST NOT BE MADE IN THE BREADMAKER