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Basic Bread

Ingredients

14 oz. all-purpose flour
1 tsp. yeast
2 tsp. sugar
2 tsp. oil
9fl oz. milk, warm
½ tsp. salt

Preparation

- 1 In a bowl stir together 1 ½ cups flour, yeast and sugar. Pour in the oil and the milk and combine well so that no lumps remain
- 2 Stir vigorously and add 1 ½ cups of flour ½ a cup at a time making sure that each cup is well combined in the mixture. You will be left with a sticky dough
- 3 Cover the bowl with a damp kitchen towel and leave to stand for 20 minutes
- 4 Add the salt and a ½ cup of flour and stir it in, it will be a difficult task. Add the remaining flour if the dough is still too sticky to knead
- 5 Remove the dough from the bowl and knead it for about 10 minutes. Use more flour if necessary, the dough is not supposed to be sticking to your hands or the work surface
- 6 Sprinkle some flour in the bowl and return the dough, dust it with flour and cover it with the damp tea towel
- 7 Leave the dough to rise for about 60 minutes in a cool dry place, around 21°C. To check if the dough is ready dip your finger into some flour and push it into the dough. If the indentation doesn't spring back then the dough is ready for shaping
- 8 Flatten the bread slightly to remove large air bubbles and shape into loaves.
- 9 Place the loaves into greased bread pans and cover them with the damp towel
- 10 Pre heat the oven to 190°C. While the oven is preheating your dough will be rising. Leave it to rise for 45 minutes to an hour. Then bake for 35 minutes until the loaf is golden brown
- 11 Remove from the bread pan and leave in a wire rack to cool. Allow the bread to cool for about thirty minutes as it will still be cooking on the inside
- 12 Slice and serve.

Cooks Note
