



Wholemeal bread

 50 minutes, plus 1 hour for rising

 8 people

Ingredients

- 500g strong wholemeal flour
- 1 tsp salt
- 2 tsp or a 7g packet fast-action dried yeast
- 2 tbsp olive oil
- 1 tbsp clear honey
- 300ml hand-hot water

Equipment

- mixing bowl
- large, plastic food bag
- 900g loaf tin
- cooling rack



kcal	fat	saturates	carbohydrates
97g	1g	0g	17g

sugars	fibre	protein	salt
1g	1g	3g	0.4g

Method

1. Put the flour into a mixing bowl and stir in the salt and yeast.
2. Make a well in the centre and pour in the water, olive oil and honey.
3. Gradually mix the liquids into the flour to make a soft dough.
4. Put the ball of dough on a lightly floured surface.
5. Knead the dough for five minutes.
6. Lightly oil a 900g loaf tin and put the dough in the tin.
7. Place the tin inside a large, plastic food bag and leave it to prove in a warm place for about one hour.
8. Heat the oven to 200°C. Bake the loaf for 30–35 minutes until it is risen and golden.
9. Tip the loaf out of the tin and leave to cool on a cooling rack.

Glossary

dough A mixture of flour, water and yeast.

knead To press something repeatedly with hands and fingers.

prove To rise due to the action of yeast.

