

HEATHERSLAW 100 % WHOLEMEAL BREAD

Makes 3 x 1lb loaves

Ingredients

1.5kg (3lb 3oz) Heatherslaw Stoneground Wholemeal Flour
3 tsp brown sugar
3 tsp salt
40g (1½oz) fresh yeast or 30g (1oz) dried yeast
1 litre (1¾ pints) warm water

Preheat oven to 225°C and grease three 450g (1lb) loaf tins

Method

1. Mix the flour and salt in a large bowl.
2. Mix the yeast, sugar and approx. 450ml ($\frac{3}{4}$ pint) of warm water in a small bowl.
3. Fresh Yeast— mix with the sugar in a bowl. In a separate bowl mix flour and salt. When yeast is working, mix with flour. Add enough water to make a dryish dough.
Dried Yeast— combine all dry ingredients in one large bowl and add enough water to make a dryish dough. Do not handle too much or knead the dough.
4. Leave it to rise for about forty minutes, then tip it out onto a floured board, weigh it and divide it into three greased tins, again without kneading it.
5. Leave it to rise until it has doubled in size
6. Bake for about 45 minutes

Turn out of tin and tap the bottom of the bread. It should sound hollow. If not, put back in oven for a few more minutes.

