

Good Enough 2 Eat

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White Bread

There is nothing better than home made bread. The smell of it cooking is just out of this world and treating yourself to lashings of butter on a warm slice is just living is all about. Despite what people might say, baking bread is a relatively simple process and is something you really don't need a machine for. The secret to good bread is the flour. Flour gives bread its characteristic flavour and texture. For most white bread the best results are obtained from using strong flour because it has a high gluten content which forms the frame of the risen bread. The next factor is the yeast. For yeast to reproduce it needs warmth, moisture and food. Given the right conditions it can reproduce very quickly. The best temperature for yeast to reproduce is 27 degree Celsius. Finally, kneading is essential to strength the gluten in the flour, making the dough elastic in texture and enabling it to rise more easily.

You'll need:

- 450 grams of flour.
- 15 grams of yeast.
- 290 mL warm water.
- 1 teaspoon of caster sugar.
- 2 teaspoons salt.
- 30 grams of butter.



Here's what to do:

Sift the flour and salt into a large bowl and rub in the butter. Make a well in the centre. Add the warm water to the yeast and then to the dry ingredients working it to a firm dough, adding extra flour if needed. The dough is ready for kneading when it comes away from the sides of the bowl. When ready, turn the dough onto a floured surface and knead for 10 minutes until smooth and elastic. Shape the dough into a ball and put into a large greased bowl. Cover with plastic wrap and leave to rise in a warm spot until it has doubled in size. When ready, knock down and knead again for a further 10 minutes. Grease a bread tin and stretch the dough to the same width as the tin. Cover again and leave it to double in size once more. If you want a crusty finish brush the dough with a glaze made by dissolving two teaspoons of salt in two tablespoons of water. Bake in a preheated hot oven for 20 – 30 minutes. The cooked bread should look well risen and golden brown. You'll know it's ready when it makes a hollow sound when tapped on the bottom. Leave to cool on a wire rack. Eat immediately, and then make another! Fresh home made bread is really good enough to eat!