

Whole-wheat Bread

	Small	Medium	Large
Whole-wheat Flour	430g	530g	630g
Yeast	2 tsp.	3 tsp.	3 tsp.
Salt	1 tsp.	1 tsp.	1 tsp.
Brown Sugar/Honey	1 tbsp.	1 tbsp.	1½ tbsp.
Butter/Virgin Olive Oil	1½ tbsp.	2 tbsp.	2 tbsp.
Water	300ml	370ml	45ml

Using sugar and butter

- Mix flour, yeast, salt and sugar
- Add butter and rub together

Using honey and oil

- Mix flour, yeast and salt
- Add honey and oil and rub together

- Rub the mix with your fingertips until it resembles fine breadcrumbs.
- Make a well in your mix and gradually add the water until your mix holds together and a soft dough begins to form.
- Turn the dough out onto a lightly floured surface and knead for about 10 minutes until it is smooth and elastic in texture. As it is whole-wheat it won't be as elastic as white flour.
- Place dough in a bowl, cover with a damp tea-towel and leave in a warm place for about an hour.
- Turn the dough out on a lightly floured surface, knock back to remove the air and then knead for another 5-10 minutes.
- Shape your dough and put on a lightly floured stone (i.e. a pizza stone) or in a greased loaf tin. Alternatively you may break the dough up into smaller pieces to make rolls.
- Cover and place back in a warm place for another 30 minutes.
- Pre-heat the oven to 230°C/450°F/gas mark 8, or 200°C/400°F/gas mark 6 if you are baking rolls. Adjust for fan-assisted ovens.
- When the dough has finished proving, dust the top of it with some flour and/or add some porridge oats.
- Place the prepared dough in the centre of the oven and bake for 15 minutes. This should be enough for baking rolls.
- For baking a loaf reduce the temperature to 200°C/400°F/gas mark 6 and bake for a further 15-20 minutes or until the bread has risen and the crust is golden. It is ready if it sounds hollow when tapped on the base.
- Take it out and leave to cool...then enjoy!!