



Wholewheat Bread

This handmade Wholewheat bread is fun and easy to make

Ingredients

1.3 kg 100% wholewheat flour

1.1 litre tepid water

pinch of salt

5 teaspoons dried yeast

Method

Preheat oven to 230°C.

Place ½ flour in large bowl. Add yeast, salt and water. Beat well – three hundred times! Mix in remaining flour, turn out onto a floured board and knead for 10 minutes. Place in bowl, cover with plastic and let stand in warm place for an hour or more.

Knock down and knead for a short time. Place in bowl, cover and let stand for a further hour.

Knock down and knead lightly. Divide into 2 loaves or 24 rolls.

Place loaves in tins and stand for 5 minutes or form rolls and place on tray and stand for 3 minutes.

Bake loaves for 30 minutes.

Half quantity may be used.

This dough makes a wonderful pizza base.

Use light flour for a lighter loaf.

