

CRUSTY ARTISAN BREAD



Home-made bread is really worth the effort. You know exactly what's in it which means the nutritional content is far better than commercial breads which use flour so processed that all the goodness has been stripped away!

INGREDIENTS (makes 1 loaf)

450G Organic unbleached white flour

2 teaspoons Himalayan Pink salt

½ tsp active dry yeast

350 ml warm water

1 tablespoon additional white flour

HOW TO MAKE IT

- In a small bowl, dissolve yeast in water
- In a large bowl, mix the flour and salt
- Stir in yeast mixture to form a soft, sticky dough. Do not knead. Cover with tea towel and let rise at room temperature for 2 hours
- Punch down dough and place on a lightly floured surface to knead. Knead vigorously!
- Place in a lightly greased bowl. Cover with a tea towel and allow to rise at room temperature until almost doubled, about 1 hour
- Punch down dough and repeat kneading process
- Return dough to bowl; refrigerate, covered, overnight
- Turn dough onto a floured surface and knead gently 6-8 times
- Shape into a 6 inch round loaf
- Dust bottom of a roasting pan with corn flour
- Place loaf in the pan dust top with remaining 1 tablespoon flour
- Cover pan with tea towel and rise at room temperature until loaf expands to around a 7½ loaf, (about 1 hour)
- Preheat oven to 500°
- Using a sharp knife, make a slash (¼ inch deep) across top of loaf. Cover pan tightly with foil
- Bake on lowest oven rack 25 minutes
- Reduce oven setting to 450°
- Remove foil and further bake bread until deep golden brown (25-30 minutes)
- Remove loaf to a wire rack to cool

THE GREEN WARD
HEALTH & WELLBEING



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