Cheese Loaf

This 18th Century recipe has many regional variations, but the basic concept is the same throughout the UK. Cheese loaf utilized any suitable cheese, though strong mature cheddar was the benchmark for this bread throughout England.

250g strong white flour
250g strong wholemeal flour
25g dried yeast
25g sugar
120g strong cheddar cheese, grated
300ml warm water

Make up a batch of bread dough by mixing the dry ingredients, excluding cheese and mix up with warm water. Leave the dough to prove for an hour then knock back and add the grated cheese. Kneed thoroughly and turn out onto a baking tray. Brush with a solution of water and salt. Place pieces of cheese on top of the dough and leave to prove for 30 minutes.



Bake at 200°C for 20 minutes then turn the oven down to 180°C for a further 10 minutes to prevent the cheese on top from burning. Cool on a wire tray for at least an hour before eating.



The cheese will melt within the bread and impart a distinctly cheesy flavour, though the inside cheese will not be visible. It has the same function as adding oil or butter to the bread, which prolongs the breads shelf life and keeps it moist for longer.

In some regions, warm milk was used instead of water.

Historical Bread Recipe