

Paul's Bread Pages

The site for bread lovers everywhere

DORIS GRANT LOAF

This is a standard recipe for a quick and easy loaf that can be made without kneading. It was developed during the Second World War (1942) as part of the response to rationing, when bread was in limited supply in order to encourage people to bake bread from flour rations with limited resources.

It is still a much respected recipe amongst modern aficionados of bread making today.

The original recipe appeared in her book "Your Daily Bread", and it is an easy bread to bake.

- 1lb (*450g*) strong wholemeal flour
- 1 tsp brown sugar or honey
- 1 cup yeast (*½ sachet of easy bake dried yeast*)
- 1 oz sea salt (*use ½ teaspoon or less*)
- 1 tbsp melted butter (*or olive oil*)

Mix the flour with the sugar or honey, yeast and salt. Stir in the melted butter and ¾pt (*420ml*) water to make a loose, sticky dough.
Transfer the dough into a greased 1lb (*450g*) loaf tin. Cover loosely with a cloth (*oiled cling film*) and leave in a warm place for 30 mins.
Preheat the oven to 425°F or gas mark 7 (*200°C*). Bake for half an hour.
Remove from the tin and tap the base which should sound hollow (if not, bake for another 5-10 minutes). Cool on a rack.

Modern advice is given in parenthesis to make the adapted recipe more manageable to the modern taste. The finished loaf is plain and a little sweet. The recommended adaptation is to add a few seeds or chipped nuts to give the bread a more interesting flavour.

