

Paul's Bread Pages

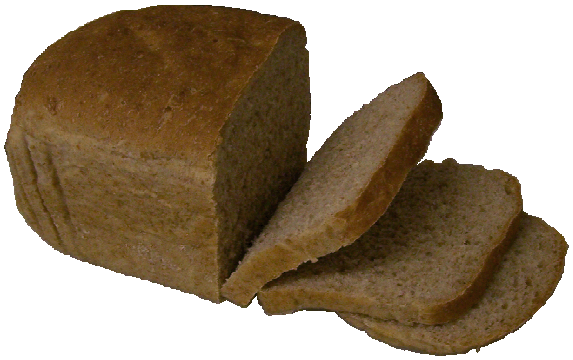
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Wholemeal Bread

Using wholemeal flour gives a very firm textured and nutty tasting loaf. This is not to everyone's taste, so a mixture of wholemeal and strong white flour will often give a better texture. I use *2 wholemeal:1 strong white* ratio as a standard loaf. For a lighter texture use *2 strong white:1 wholemeal*.

400g wholemeal flour	200g strong white flour
1 sachet (6g) dried yeast	pinch of sugar
450ml warm water	25ml sunflour oil

1. Mix the flour yeast and sugar in a large mixing bowl using a large whisk.
2. Add most of the water and the oil to a well in the centre of the mix and stir into a stiff dough. Add a little more water if required.
3. Kneed thoroughly, using a sprinkling of wholemeal flour.
4. Coat with oil and leave to rise for an hour, covered with a dry cloth (or cling film)
5. Knock down the dough and kneed thoroughly again, form into a loaf shape on a baking tray or put into a loaf tin to rise.
6. When risen, bake at 200ºC for 35 minutes (less time if broken down into smaller loaves).
7. Leave to cool for at least 2 hours before eating or freezing.



Wholemeal loaves tend to last about 24 hours before they are only fit for the bird table. Old bread can be used as breadcrumb toppings on things like courgette bake and macaroni cheese.

Freeze when cool, using a plastic bag with a tie. This bread can remain in the freezer for 3 months. Defrost overnight as defrosting in a microwave oven will dry the loaf quickly.

Top Tip: *I use loaf tin liners which I obtain from Lakeland Plastics. The loaves turn out of the tins perfectly each time.*