

Paul's Bread Pages

The site for bread lovers everywhere

White Bread

White bread should be made from wheat flour with high gluten content. There are many different types of flour, with Canadian or American wheat reputedly making the best white bread. French wheat also gives a good quality white loaf.

The difficulty with hand mixing white bread is that the dough can easily become very sticky. Lots of white flour needs to be dusted over the bread dough during kneading.

500g or strong white flour
6g of dried yeast
A good pinch of salt (essential for flavour)
30ml of light olive oil (groundnut oil or grapeseed oil is also light enough to use)
400ml of warm water

1. Mix the flour, dried yeast and salt in a large mixing bowl.
2. Add most of the water and the oil and mix into a stiff dough with a wooden spoon.
3. Kneed and leave to rise for an hour.
4. Knock down and kneed thoroughly – shape into loaves on a baking tray or put in loaf tins.
5. Leave to rise for at least 40 minutes.
6. Bake in a medium oven at 200ºC for 35 minutes or until the bottom sounds hollow when tapped.
7. Leave to cool for at least 2 hours before eating.



White bread can be easily frozen when cool. Just pop it into a plastic bag and seal before putting in the freezer. Defrost overnight for best results.