Apple Bread

Use about 3-4 medium size sharp eating apples. Core and cut them into small pieces and place in a pan with lemon juice and a little water. Cook on a medium heat until the apples turn to a pulp. Push the pulp through a sieve into a cold bowl to produce a smooth puree. Add about half as much water as puree to reduce the temperature to below 40°C.



Put the flour, sugar cinnamon and dried yeast into a bowl. Add the puree and oil and mix to a stiff dough. You may need to add a small amount of warm water, depending upon the quantity of puree produced. Kneed and set aside to rise for at least half an hour.

2-3 good quality eating apples
Lemon juice
500g Strong white flour
25g Gram flour (Chickpea flour)
20g sugar
Half a teaspoon of cinnamon
A tablespoon of oil
A little warm water if needed

Knock down the dough and kneed for a few minutes. Place in small loaf tins (or whatever shape you want) and leave to rise again. Brush the tops of the loaves with water.
Bake at 200°C for 25 minutes (1 pound loaf tin) or 30 minutes (2 pound loaf tin) then leave to cool for at least an hour before eating. This bread will freeze well and is best defrosted overnight.
Good with hard cheese and pickle, makes and interesting chip butty.

