

Bread: Plaited Loaf



Ingredients:

- 250g Strong Plain White or Brown Bread Flour
- ½ Teaspoon Salt: From School
- ½ Teaspoon Sugar: From School
- 50g Butter
- 7g (1 Sachet) Fast Acting Easy Blend Dried Yeast
- 150ml Warm Water: From School
- Milk and Egg Wash: From School



Please bring a container to take your plaited bread load home in.

Optional Ingredients:

- 50g Cheese
- Seaseme Seeds
- Poppy Seeds
- Dried / Fresh Herbs
- Sundried Tomatoes
- Any Other Ingredients of Your Choice



Method

1. Preheat oven to 220°C / Gas Mark 7.
2. Weigh and measure all ingredients accurately.
3. Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
4. Sieve the flour into a large mixing bowl. Add the salt.
5. Rub the butter into the flour until the mixture resembles breadcrumbs.
6. Add any additional flavourings.
7. Add the fermented yeast mixture to the bowl of flour a little at a time. Mix with a round bladed knife. Gather dough together and turn onto a floured work surface. (Soak the bowl so that it is easier to wash up).
8. Knead the dough with your hands for 10 to 15 minutes to form a soft elastic dough.
9. Divide the bread into three portions, each needs to be the same size.
10. Roll each portion into a sausage, it needs to be approximately 30cm in length.
11. Plait the bread. Place the loaf on a baking tray. Cover with greased cling-film and leave to prove in the grill compartment of the cooker for 15 to 20 minutes.
12. Remove the cling-film.
13. Glaze loaf with the milk and egg wash. Add any toppings.
14. Bake for 15 to 25 minutes until golden brown. To test the loaf is fully cooked tap the bottom and it should sound hollow.
15. Leave to cool before cutting with a bread knife.

