

(Tudor) Bread Recipe

- 500g strong bread flour (I used a mixture of white and rye flours)
 - 10g dried yeast
 - 10g salt
 - 350g tap water (room temperature) - weighing the water is more accurate
- **The Tudors would have most likely used ale instead of water

Using a Kenwood Mixer or similar and the dough hook attachment.

Combine all ingredients and mix for 7 minutes on a medium speed.

Cover with a tea towel and leave in a warm place (the kitchen should be fine) for 1 hour or doubled in size.

Turn onto a floured surface and knead gently using the heel of your hand for 5 minutes or so.

Now you need to form the dough into a round shape, gently pulling from the edge and folding into the middle.



Set your oven to the highest it will go (250°C). Place your dough on a greased baking sheet (you could use a sharp knife - or I use kitchen scissors to cut a criss-cross pattern into the top of your dough). Cover with the tea towel and leave to rest for another 40 minutes. The dough should double in size.

Put into the oven and turn the temperature down to 220°C. Depending on your oven and how coloured you like your bread, bake for at least 25 minutes, possibly longer.

Cool on a wire rack and enjoy.