



## Basic Wholemeal Bread

### Ingredients

500g strong white bread flour  
400g strong wholemeal bread flour  
25g soft brown sugar  
25g black treacle  
1tsp salt  
2 sachets dried yeast or 30g fresh yeast  
1tblspn olive oil  
525ml water, body temp.  
1 x egg

### Method

- In a mixing bowl place, the flour, salt, and sugar and mix together.
- In a jug add the water, egg, olive oil, yeast and black treacle. Mix well until all ingredients are well incorporated.
- Using the dough hook attachment on your mixer place the flour bowl onto the mixer and put on speed 2. Slowly pour the wet ingredients into the flour mix and wait for it to form a dough and cleanly come away for the sides. Once this has happened increase the speed to 5 and leave to knead for 5 mins.
- Remove the bowl from the mixer and cover with clingfilm, leave the dough to prove in a warm environment for 30-45mins or until doubled in size.
- Once your dough has proved, scrape it out onto a well-floured work surface and begin to knead for 5mins, the dough will shrink back to its original size.
- From this stage you can make any shape or size of loaf of bread roll you desire or even use the dough as a pizza base.
- Once moulded prove again until double in size, cook in a preheated oven at 200°C for 8-12mins for rolls or 200°C for 20-25mins for a 500g loaf.