

Name of the recipe: Homemade bread

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1° Junior B

Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

This bread is nice to eat with sweet and savoury or by itself. Preparing the dough is ideal for all ages, very easy to handle and a good family entertainment to bake. Few ingredients and easy to prepare and you can add herbs, spices or make with wholemeal flour. You may also replace the oil for butter.



Ingredients:

1. 350 gr o 1 ½ cup water
2. 5 gr sugar (1 tsp) to add to the yeast
3. 20 gr or 1 tspn olive oil or butter
4. 620 gr or 2 ½ tazas flour
5. 20 gr or 1 tbsp dry yeast
6. 1 tsp salt

How to prepare:

1. Preheat the oven to 180°C
2. In a small cup dissolve the yeast with the sugar in ½ cup lukewarm water.
3. Mix the flour with the salt.
4. Add 1 cup water and oil (or butter) to the flour mixture.
5. Mix well and knead for a few minutes with your hands.
6. Add the dissolved yeast
7. Let the dough rise for around 20mins or until it doubles its volume.
8. Separate the dough into 20 portions aprox. of the desired size
9. Let the dough rise for around another 20 minutes.
10. Knead each portion into balls and press onto a cookie tray.
11. Prick each bun with a fork at least 3-4 times
12. Take to the oven for required time.

Note: remember to leave the dough covered with a cloth to maintain the warmth and enable it to rise. If after this process, it seems sticky add a little flour on your hands.

Tiempo de cocción:15-20.....**minutos. Temperatura:**.....180.....°C