



People have been making bread for over 10,000 years!

Although most of us buy our daily loaves from the supermarket now, there's nothing quite like scoffing a slice you've baked yourself. If you've never tried it before, you'll be amazed at how simple breadmaking is, and how scrummy the results are. Give it a go!

Ingredients

- 750g strong plain flour (white or brown)
- 1 tsp salt
- 1 sachet of dried yeast
- 1 tbslp olive oil
- 450ml lukewarm water
- Extra flour (for kneading)
- Extra oil (for greasing)

Equipment

- Scales
- Teaspoon
- Mixing bowl
- Sieve
- Mixing spoon (metal)
- Measuring jug
- Tablespoon
- Loaf tin or baking sheet
- Pastry brush or kitchen paper
- Plastic bag
- Oven



Instructions

- 1 Weigh the flour and then sieve it into your mixing bowl. Add a teaspoon of salt and the dried yeast. Mix all these ingredients together.



- 2 Make a small dent in the middle of your dry ingredients and add a tablespoon of olive oil. Measure out 450ml of lukewarm water - it's important you don't use water that's too hot or too cold - and add this to your mixing bowl.



- 3 Stir the liquid into your dry ingredients, either with a metal spoon or using your hands. It will slowly come together to form a big ball of dough.



- 4 Sprinkle some flour onto your work surface to stop the bread mixture sticking and then take your dough out of the mixing bowl and start kneading. To do this, push the palm of your hand firmly into the doughy ball and push away from you. Let the bread stretch out, and then use your hands to scrunch it back up. Turn the ball around slightly and do exactly the same again.



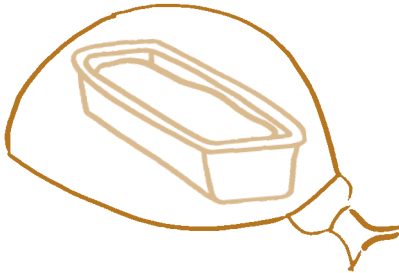
- 5** Keep kneading for 5 - 10 minutes, until the dough feels silky-smooth and very stretchy. (Don't forget you can sprinkle more flour onto your work surface if it begins to stick as you're kneading.)



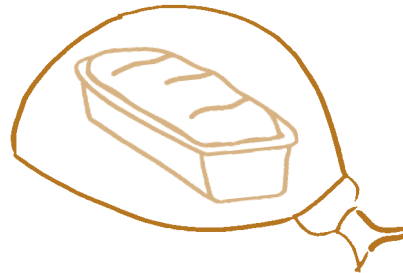
- 6** Brush a small amount of oil onto your loaf tin or baking sheet, and then decide how you want to shape your bread. You could put the dough into a rectangular tin to make a regular loaf, rest the ball on a baking sheet and make a round loaf, break it up into small rounds if you want bread rolls, or even separate it into three long sausage-shapes and plait them together for funky braided bread!



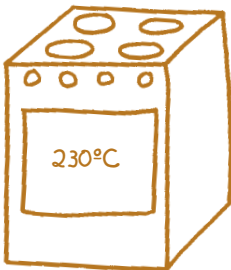
- 7** Once your dough is shaped, slide the baking tin or sheet into a plastic bag. Blow the bag up and tie a knot in the end.



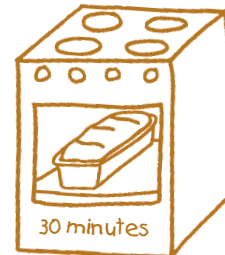
- 8** Find somewhere warm - an airing cupboard is perfect - and leave the bread to rise until it's doubled in size. This normally takes about an hour.



- 9** When the dough is nearly ready, heat your oven to 230°C / 450F / Gas mark 8.



- 10** Take the dough out of the plastic bag and put it into the middle of your oven for 30 minutes until the top is a golden-brown colour.



! Be very careful around ovens, and don't forget that the outside can burn you as well as the inside! Ask an adult to help out and always use an oven mitt.

ALTERNATIVE:

As well as experimenting with differently shaped loaves and bread rolls, why not add some extra ingredients once you get the hang of making bread? Sprinkle some dried herbs into the mixture along with the flour, add some seeds or chopped nuts, or grate your favourite kind of cheese and stir it into the dough.

TOP TIP:

There's a quick and clever way to make sure your bread is cooked when it comes out of the oven. Very carefully, tip your loaf or bread rolls over and give them a light tap underneath with your fingers. If your tapping makes a hollow sound, leave the bread to cool - it's cooked! If the sound is dull and heavy, pop it back into the oven for a further 5-10 minutes and then try again.