

Making Bread by Kate Ruttle

People all over the world make some form of bread by baking a dough which is made mostly of flour and water. People in different countries change the amounts of flour and water and sometimes add other ingredients to the dough to make different kinds of bread. Which types of bread have you eaten?

The ingredients you will need to make one large loaf of white bread are:

- 500g strong white bread flour
- 300ml warm water
- 1 sachet or $\frac{1}{2}$ a teaspoon fast action dried yeast
- 1 tablespoonful olive oil

What you have to do:

Step 1: Measure out all the ingredients into a large bowl.

Step 2: Mix them up and knead them for at least 30 kneading movements to make the dough.

Step 3: Leave for 10 minutes, then knead the dough again with at least 30 kneading movements.

Step 4: Put a clean cloth over the bowl and leave the dough in a warm place for 30 minutes.

Step 5: Knead the dough for about 10 kneading movements and shape it into a small mound.

Step 6: Place the mound on a greased baking sheet and leave it for another 30 minutes.

Step 7: Bake the bread for 20-25 minutes at 230°C.

