

# A recipe for making a bread loaf

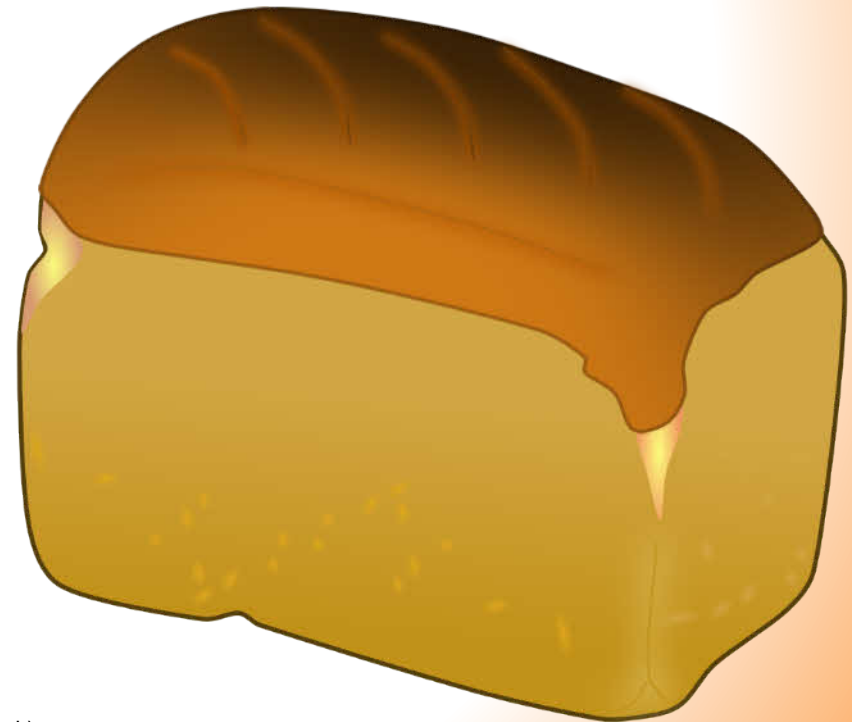
## Ingredients

- 2 tsp. dry yeast
- 1½ cups warm water
- 1½ tsp. salt
- 1 tsp. melted butter, vegetable oil, or heavy cream
- 3½ cups unbleached white flour

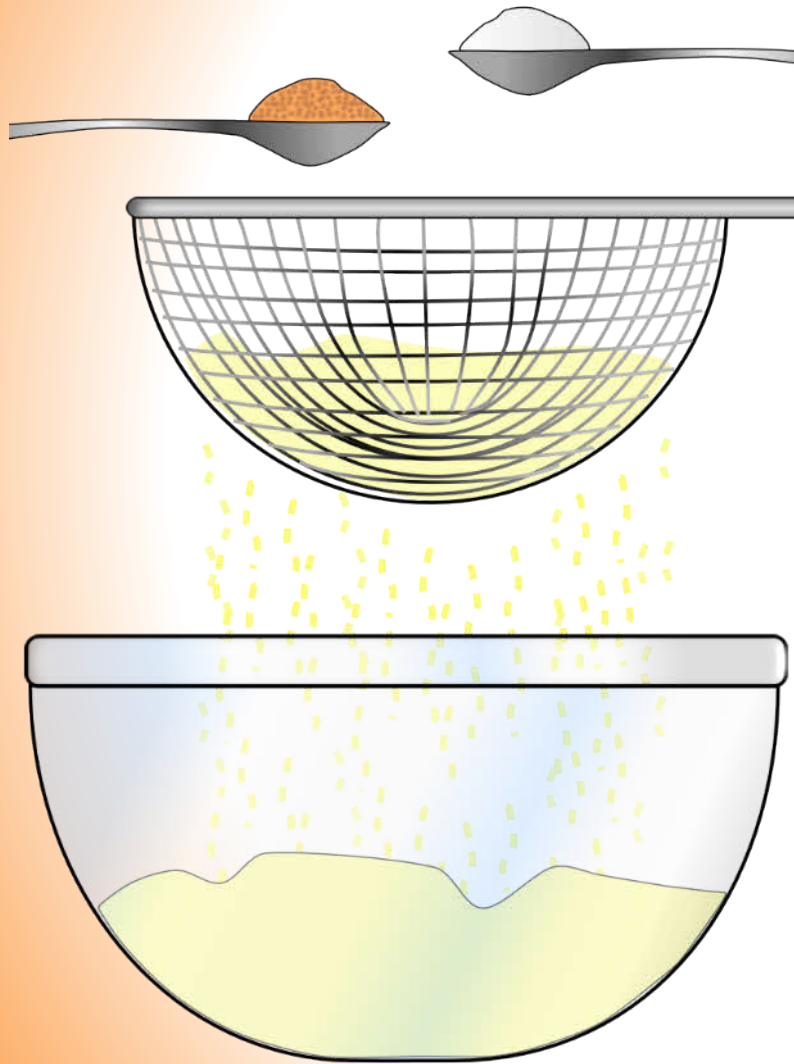
**Makes: 1 bread loaf**

## Equipment

- Bowl
- Wooden spoon
- Sieve
- Damp towel
- Loaf baking tin

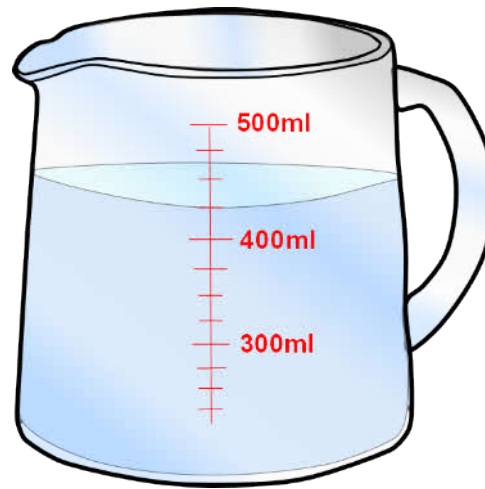


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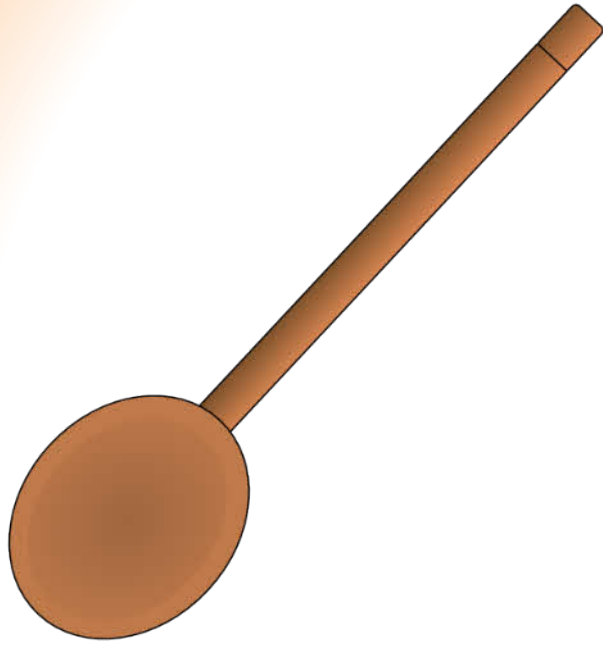


## Step 1

Sieve the flour, salt and yeast into a bowl and then add the warm water.

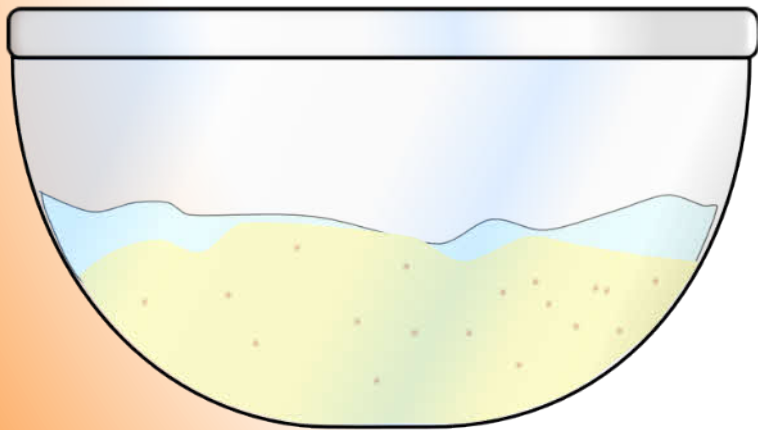


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## Step 2

Mix together with a wooden spoon until it becomes difficult to stir.

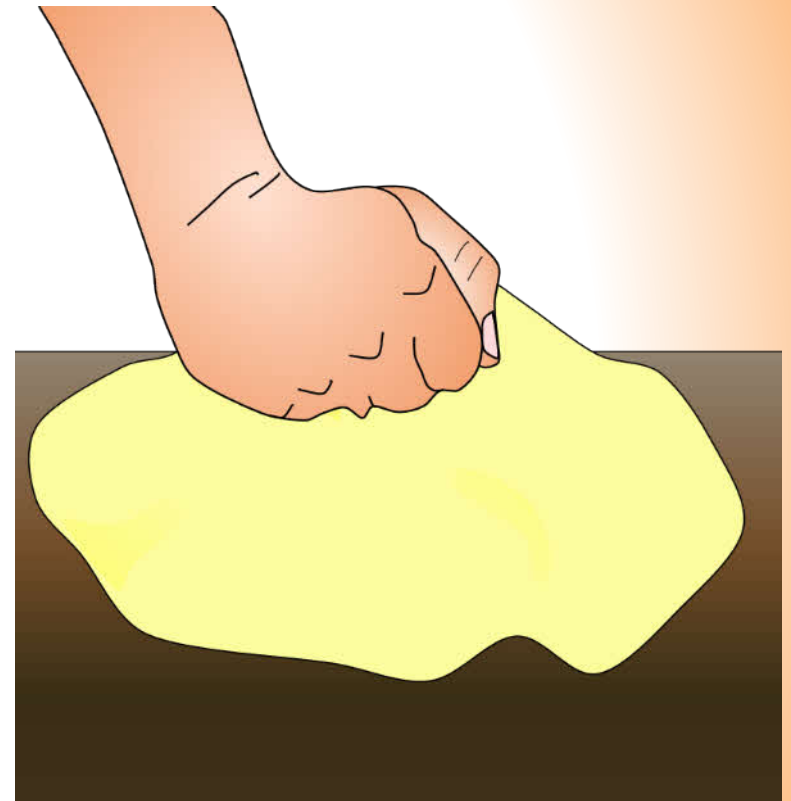


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## Step 3

Turn the dough out onto a floured board and let it rest. Clean out and oil the bowl ready for the next step.

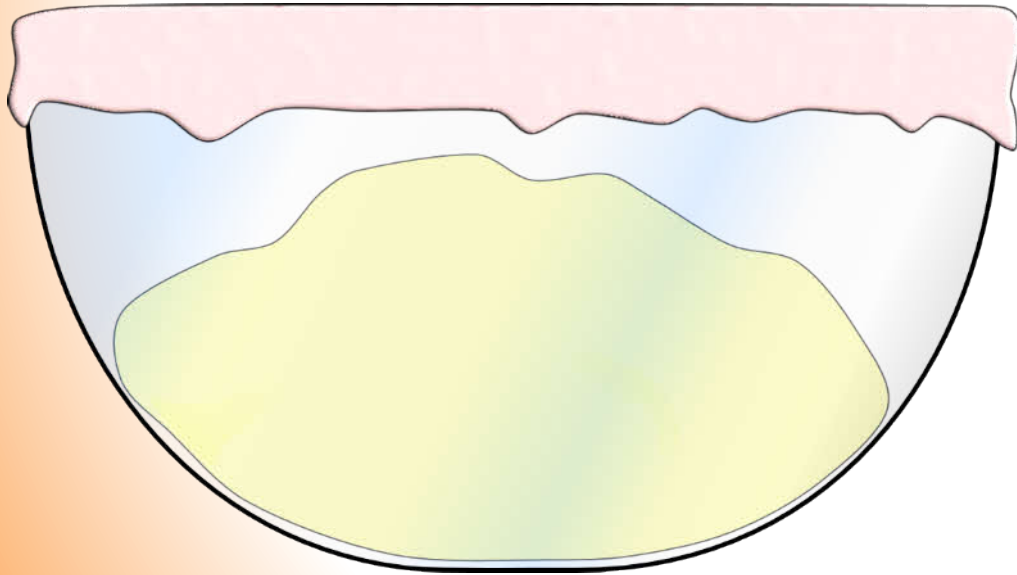
Then knead the dough, adding more flour if needed, until it feels smooth and elastic. (Usually for about 5 minutes).



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## Step 4

Put the kneaded dough into the oiled bowl and cover with a damp cloth.



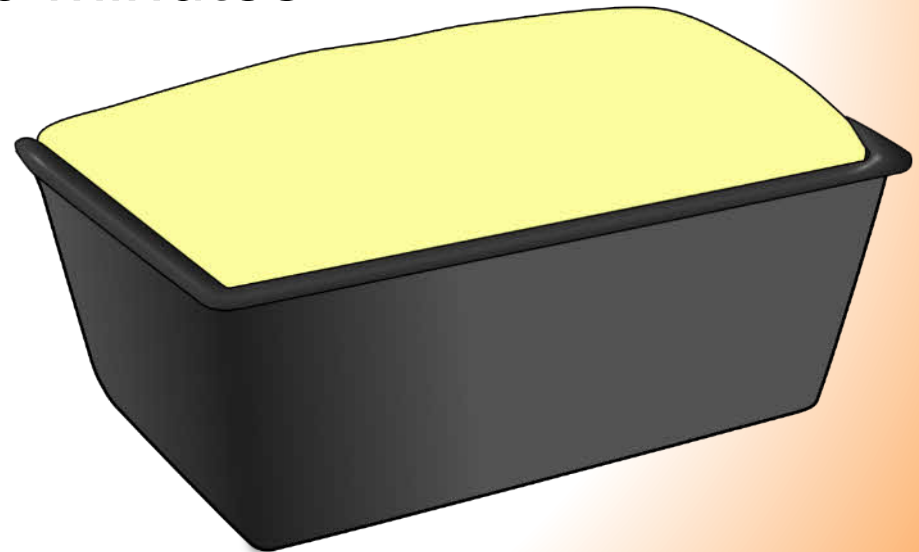
Leave the dough in a warm place to rise for about 1½ hours until its size has doubled.

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## Step 5

Flour your hands and punch the dough down before placing into a loaf baking tin.

Put into a preheated 220°C (425°F or Gas Mark 7) oven for 15 minutes, and then turn down to 190°C (350°F or Gas Mark 4) for a further 15-20 minutes.

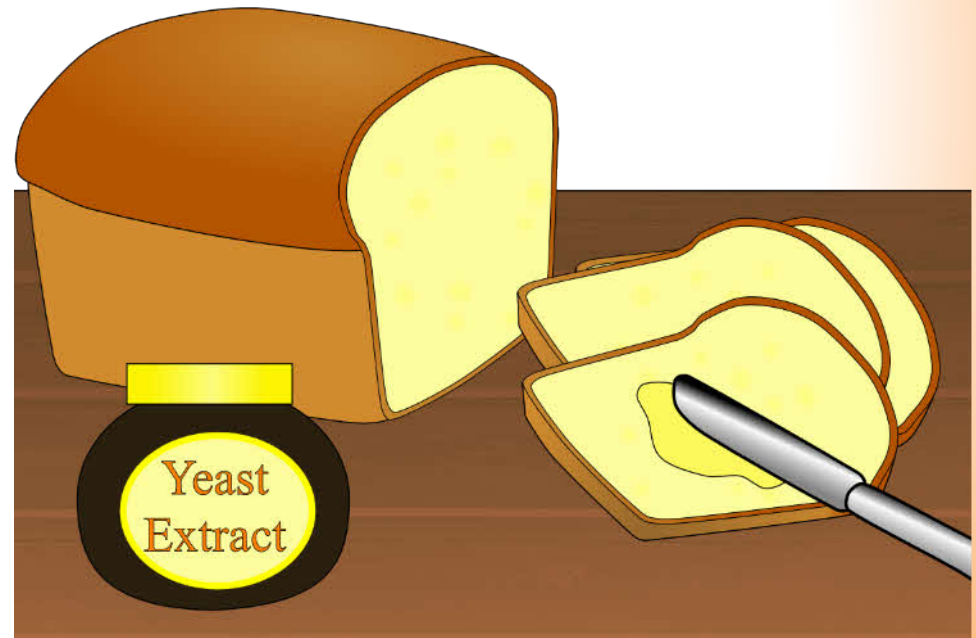
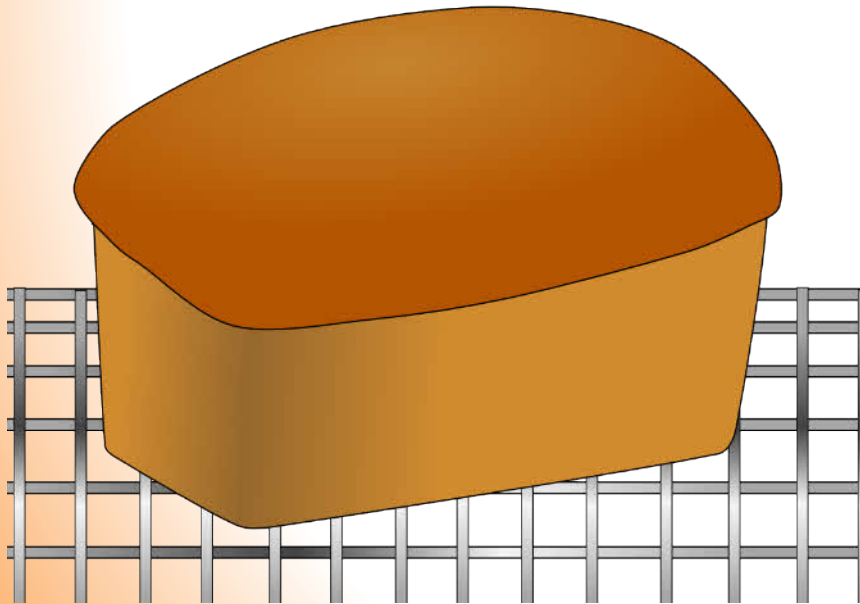


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## Step 6

Remove the bread from the tin. Tap beneath it and check that it sounds hollow.

Allow it to cool on a rack before slicing.





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