



# HEMP BREAD



## INGREDIENTS

3 cups bread flour\*  
1 cup hemp flour  
1 1/2 tsp salt  
3 tsp honey  
2 tsp dry yeast  
2 tsp vegetable oil  
1 1/3 cup boiling water

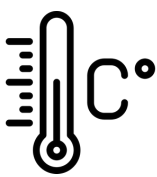
## EQUIPMENT

Bowl  
Loaf pan  
Mixer  
Cooling rack



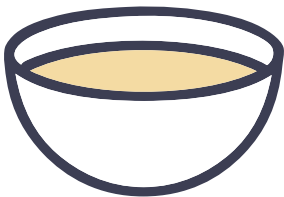
\*Can also use plain flour

Prep: 2 h 30 mins Cook: 27 mins



## 1 HEAT

oven to 200 deg C



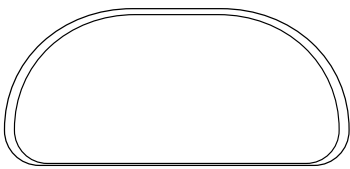
## 2 SOAK

Hemp flour in boiling water for 1 hour



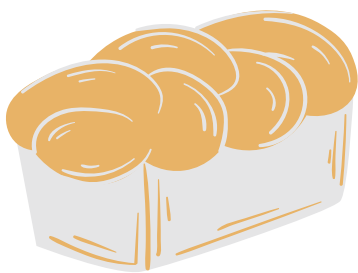
## 3 MIX

Place all ingredients in mixer and using dough hook, mix on low speed for 5 mins



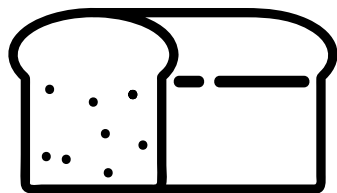
## 4 REST

Remove dough from mixer and shape into a ball. Cover with a tea towel and rest 10 mins



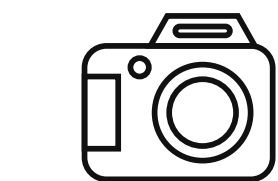
## 5 PUNCH

down dough and mould into a log shape no longer than the tin. Roll dough lightly in flour.



## 6 PROVE

in lightly oiled tin. Cut small slits on top of dough, cover and put in a warm place to rise.



## 7 BAKE

when dough reaches 1 cm above the top of the tin. Spray water in the oven and then put in bread

## 7 ENJOY!

Take bread out of oven, cool on wire rack and eat!

Take a photo of your hemp bread and share it on your socials

# TasteTomorrow