



# Great School Food you can enjoy at home

Recipe

## Homemade Wholemeal bread



### Ingredients

**500g strong  
wholewheat flour**  
**7g sachet fast-action  
dried yeast.**  
**1 tbsp salt**  
**300ml warm water**  
**2 tbsp olive oil**  
**1 tbsp clear honey or  
sugar**  
**Makes 8 slices**

### Method

- 1) **Tip the flour, yeast and salt into a large bowl and mix together with your hands. Stir 300ml of warm water with the oil and honey, then stir into the dry ingredients to make a soft dough.**
- 2) **Turn the dough out onto a lightly floured surface and knead for 5min, until the dough no longer feels sticky, sprinkling with a little more flour if needed.**
- 3) **Oil a 900g loaf tin and put the dough in to the tin, pressing it in evenly. Cover the dough loosely with either lightly oiled clingfilm / or a large plastic food bag and leave to rise in a warm place for 1 hr .the dough should fill the bread tin and not spring back when pressed with your finger .**
- 4) **Heat the oven to 200C/fan 180C/gas 6. Score across the top of the dough with a sharp knife , then bake for 30-35 mins until the loaf has risen and is golden in colour. Tip the loaf out and tap the base to check it is cooked, it should sound hollow. Leave to cool.**

Allergens

**Contains Gluten**

My Notes

**Can be made with granary or white bread flour .**



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