

**Subject: GET BAKING TO BEAT THE BUG!!!!**

**BAKERS OF BRITAIN, YOUR COUNTRY KNEADS YOU!!!!**

**ITS TIME TO STAND UP AGAINST COVIDE 19. ROLL UP YOUR SLEEVES AND GET BAKING.**

We may not be able to meet up to bake, but we can have fun at home and learn a new skill. I'll be contactable by email, phone or at a physical distance of no less the 2 metres to give all the baking tips you need.

Here is my first recipe, for the great white tin loaf. Its simple. Anybody can master this recipe, if at first it turns out like a brick, feed it to the birds and have another go 'til you get it right. I'll be here to help and advise!!!!

If you haven't got a loaf tin, call me and I'll sanitise one and leave it out for you.

If you haven't got fresh yeast, use 5g of dried yeast.

If the supermarket shelves have been cleared of flour, just hang on a minute or two while the supermarkets re-stock.

If you like this idea and want to get baking I will send regular recipes to get you going, and become a master baker!

**SHARE THIS WITH YOUR CHUMS!!!!**

Love and good luck

**BALFEY THE BAKER**

## The basic white loaf



The basic white loaf is the foundation for much of our bread making. It is the basis for most loaves and rolls we will make, and gets us started on the techniques we need to learn for more complicated baking. It is a light and delicious loaf ideal for sandwiches and toast.

Here is the recipe our community bakers will hone their skills on. It is for a the classic "white tin loaf".

We are using fresh yeast, however, dried, fast action yeast will work just as well (substitute one sachet for the fresh yeast).

## ***The White Tin Loaf***

### *Ingredients:*

500g Strong white bread flour  
300g Water (luke-warm)  
10g Fresh yeast  
10g Salt

### *Method*

1. Grease and flour a large (2lb/1 kilo) loaf tin.
2. Weigh out the flour and place in a mixing bowl
3. Weigh the yeast and add it to the flour
4. Measure the warm water in a jug and add it to the flour and yeast. Add the salt
5. Knead the mixture in a stand mixer with a dough hook, or knead by hand
6. Work the dough until it is elastic and springy
7. Place the dough into a bowl and cover with cling film and set to rise
8. When the dough has risen to almost double in size, turn the dough onto a floured board/worktop and mould the dough into an cylinder shape to fit into the tin
9. Place the dough into the tin and leave to prove to double in size
10. Turn on the oven and set to 230c fan
11. When ready place the loaf on the middle shelf of the oven and bake for approximately 30 minutes, until golden. Remove from the oven.
12. To check that it is done, carefully remove the loaf from the tin, tap the bottom of the loaf with your finger tip – if it is hollow sounding it is ready. Cook for a few more minutes if necessary.
13. Cool on a wire rack