

Simmonds Tyres

BRIDGESTONE



ANITA'S RECIPE – EASY ARTISAN BREAD

Anita's been making this bread recipe for a few years now and it always get requested for any pot luck dinners we go to with our group of friends. You can't beat home baked crusty warm bread (with lots of butter of course!) This will make 4 x small loaves or 2 x larger ones. This goes a treat with the tomato soup recipe we featured last year. You can find that recipe on our website: www.simmondstyres.co.nz/downloads/tomato-soup-recipe.pdf

Ingredients

3 cups lukewarm water
1 1/2 tbsp dried yeast
1 1/2 tbsp salt
4 cups flour
1/2 cup rye flour (available from Vetro if you can't find it in your supermarket) 1/2 cup wheatmeal flour

Method

In a large bowl, place the water, salt & yeast and stir to combine. Add the flours and mix with a fork until it comes together. It will be a very wet, shaggy mixture - don't try to add more flour or knead it.

Cover with a damp teatowel and leave to rise until double in bulk (approx 2-3 hours).

Using wet hands, stretch the dough in the bowl, folding over itself a few times. This will help firm up the dough. It's a good idea to put it in the fridge for an hour just to make it easier to work with before cooking. When you're ready to cook, divide the dough into 4 or 2, place the dough on a well floured bench and shape into rounds.

Put onto floured oven trays and leave to rise.

If you don't want to cook more than 1 loaf immediately, simply put the remaining dough into freezer bags, seal well and freeze until required. Heat the oven to 235 deg Celsius. If you have a pizza stone, place it in the oven and let it heat up with the oven. Put a casserole dish on the bottom tray to heat up at the same time. You'll be placing a cup of cold water into this when you put the dough into the oven - this creates the steam which creates the beautiful artisan crust.

If you're cooking it on the pizza stone or oven tray, place a sheet of baking paper down, invert the dough onto the baking paper, cut 5 snips in the top of the dough and place on either an oven tray or on the preheated pizza stone. Add 1 cup of cold water to the casserole dish and cook for about 35 minutes or until it sounds hollow when tapped and has a beautiful dark crust.

When cooked, put onto a rack to cool (if you're like us and LOVE warm crusty bread with a good spread of butter, try not to cut it immediately - give it a chance to chill for a bit!)

