



Easy Hand-Made Breadmaking.

The Mixing Bowl

U25/2 Hallam Sth Rd Hallam

Vic 3803 (03) 9796 3973

www.themixingbowl.com.au

Making bread used to be a difficult and time consuming chore requiring 10-20 minutes of difficult kneading, with unpredictable results and tasty but unsatisfactory loaves often the result. Now by choosing the right ingredients, you too can make bread that is light, soft, and delicious and you won't have to spend hours in the kitchen.

The 10 Easy Steps to Great Bread.

Step 1. Measure all dry ingredients into a mixing bowl.

Step 2. Stir well.

Step 3. Add most of the **really** warm (40-45°C), liquid ingredients. (Hold back a little of any liquid to start with.)

Step 4. Mix well, adding as much of the remaining liquid as is needed to produce a firm, not wet, dough, (a little crumbly is normally OK, especially with white bread).

Step 5. Tip the dough out onto a floured surface and knead together (for as little as 30 seconds), into a smooth ball. Any kneading will improve the rising and texture of the bread. Finished dough should feel just like your earlobe.

Step 6. Return the dough to the bowl. Cover the dough in the bowl with freezer wrap or freezer bag plastic, cover the bowl with something thick like a towel or newspaper, and allow to rise to at least double in size.

Step 7. Tip dough out onto a floured surface, knead gently into a smooth ball, divide the dough and form into the required loaves. Preferably 2 rounds in each tin.

Step 8. Place balls of dough into bread tins, spray dough with water, or brush with glaze, and sprinkle on seeds etc., and allow to prove (rise) till double in size.

Step 9. Bake in a hot oven for about 30 mins, until golden brown, tip out and cool on a wire rack.

Step 10. Demolish!! Devour!!! Eat!!! **ENJOY!!!!**

Oven Temps:

**Fan-Forced - 200°C
400°F**

**Electric - 220°C
425°F**

**Gas- 220°C
425°F**

Shelf positions:

Any shelf.

Middle shelf.

Low shelf.

The Mixing Bowl- Home Baking

Easy Hand-made Breadmaking Basic Recipes

www.themixingbowl.com.au T = tablespoon t = teaspoon C = Cup

These 2 recipes will produce ONE medium size loaf in a 700gm tin.

White bread

Light Wholemeal

<u>Ingredients</u>	<u>Ingredients</u>
450gms (3 C) unbleached Bread Flour	300gms (2 C) unbleached Bread Flour
2 t Dry active yeast	150gms (1 C) wholemeal Bread Flour
1½ t Bread improver	2 t Dry active yeast
1½ t salt	1½ t Bread improver
1 t sugar/honey/malt (optional)	1½ t salt
<u>Liquid</u>	1 t sugar/honey/malt (optional)
Up to 300ml warm water	<u>Liquid</u>
2 t vegetable oil	up to 310ml warm water
(eg quality sunflower, or olive oil)	2 t vegetable oil

These 2 recipes will produce TWO medium size loaves in 700gm tins.

White bread

Light Wholemeal

<u>Ingredients</u>	<u>Ingredients</u>
900gms (6 C) unbleached Bread Flour	600gms (4 C) unbleached Bread Flour
1 T Dry active yeast	300gms (2 C) wholemeal Bread Flour
3 t Bread improver	1 T Dry active yeast
3 t salt	3 t Bread improver
2 t sugar/honey/malt (optional)	3 t salt
<u>Liquid</u>	2 t sugar/honey/malt (optional)
Up to 600ml warm water	<u>Liquid</u>
1 T vegetable oil	up to 620ml warm water
(eg quality sunflower, or olive oil)	1 T vegetable oil

These 2 recipes will produce THREE medium size loaves in 700gm tins.

White bread

Light Wholemeal

<u>Ingredients</u>	<u>Ingredients</u>
1350gms (9 C) unbleached Bread Flour	900gms (6 C) unbleached Bread Flour
1½ T Dry active yeast	450gms (3 C) wholemeal Bread Flour
1¼ T Bread improver	1½ T Dry active yeast
1¼ T salt	1¼ T Bread improver
3 t sugar/honey/malt (optional)	1¼ T salt
<u>Liquid</u>	3 t sugar/honey/malt (optional)
Up to 900ml warm water	<u>Liquid</u>
1½ T vegetable oil	up to 950ml warm water
(eg quality sunflower, or olive oil)	1½ T vegetable oil