WHITE BREAD

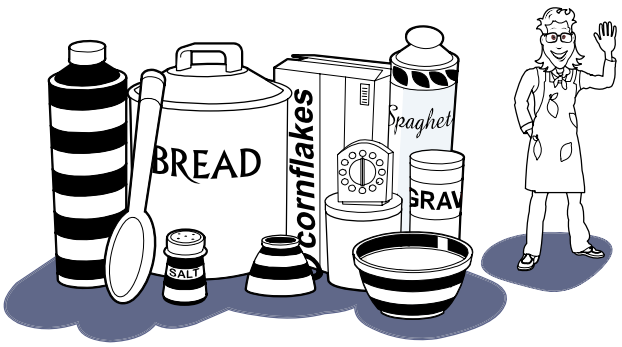
INGREDIENTS



450ml (¼ pint) tepid water
700 g (1 ½ lb) strong white flour
1½ level tsp dried yeast and a pinch of sugar
10 ml (2 level tsp) salt
Knob of butter

METHOD

1. Grease a 900 g (2lb) loaf tin.
2. Sprinkle yeast into the water with the pinch of sugar and leave in a warm place for 15 minutes until frothy.
3. Mix the flour and salt in a large bowl, rub in the butter and make a well in the centre of the dry ingredients and add the yeast liquid. Stir in with a fork or wooden spoon.
4. Work it to a firm dough using your hand, until it leaves the sides of the bowl clean. Do not let the dough become too stiff as this produces heavy bread.
5. Turn the dough on to a floured surface and knead thoroughly for about 10 minutes, until the dough feels firm and elastic and no longer sticky. Shape it into a ball and place in a large mixing bowl.
6. Cover the bowl with a clean tea towel to prevent a skin forming and allow to rise until it has doubled in size and springs back when pressed gently with a floured finger.
7. Turn the dough on to a lightly floured surface and knead well for 2-3 minutes, flattening it firmly with the knuckles to knock out the air bubbles.
8. Stretch the dough into an oblong the same width as the length of the tin, fold it into three and turn it over so that the "seam' is underneath. Smooth over the top, tuck in the ends and place in the greased loaf tin.
9. Cover the tin with a clean tea towel and leave to rise for about 30 minutes.
10. Place the tin on a baking sheet and bake in the oven at 230°C (450°F) mark 8 for 30-40 minutes, until well-risen and golden brown.
11. Turn out the loaf; it will sound hollow if you tap the bottom of it.
12. Leave to cool on a wire rack.



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