



Slow Food Aberdeen City & Shire

Wholemeal Bread

Prep: 20 mins (plus 2 hours proving)

Bake: 25 mins - 30 mins

Ingredients

375g Strong White Flour

125g Wholemeal Flour

2 **tsp**/10g Salt

17g Fresh Yeast or 7g Dry Yeast

3 **tbsp**/45ml Cold Pressed Rapeseed Oil

300ml Water

Method

Place flour and salt in a large bowl.

In a jug, mix the yeast with the tepid water then add this mix to the bowl along with the oil and mix well.

Knead for around 10 mins then leave in a warm spot to rise for 1 hour until doubled in size.

Knock back the dough by kneading it for a couple of minutes then shape the dough into a ball (or place in bread tin) and prove for a further hour until doubled in size.

Dust the loaf with some flour and cut a cross into the top of the loaf with a sharp knife.

Bake at 220°C/fan 200°C/gas for 25-30 mins until golden brown and the bottom of the loaf sounds hollow when tapped.

Cool on a wire rack

The proportion of white flour and wholemeal flour can be varied but we find that this mix works really well without making the loaf too heavy.

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