

### **Bread recipe**

1½ cups strong brown flour (brown flour/whole wheat stoneground flour)

1½ cups strong white flour (white bread flour/stoneground flour)

2 tsp dry yeast

1 tsp salt

2 tsp brown sugar

1½ tb olive oil

1⅓ cups lukewarm water

### **Method**

Put all the dry ingredients in a mixing bowl and whisk gently. Add the oil and water and mix with a spatula or wooden spoon. Knead counting up to one hundred times or press and turn until the dough is soft and your hands are mostly clean. Leave the kneaded dough in the mixing bowl and cover with cling wrap/ plastic film and leave in a warm place to rise for 2 hours or until the dough is double in size. Knock the dough back and place the dough in the bread pan. Allow the dough to rise for another 30min or to above the edge of the pan.

### **Oven temperature**

Preheat the oven to 180 degrees Celsius or 375 degrees Fahrenheit or 4 on a gas stove. Bake for 20-30min or until golden brown

### **Bread sticks recipe**

2 cups flour

¾ tsp of yeast

¾ tsp salt

2 tsp sugar

¾ cup lukewarm water

1½ tbs olive oil

### **Method for bread sticks**

Mix as you do for bread. Divide the dough in half. Roll out one half of the dough on a floured surface. Cut into strips and put onto baking sheet.

Slightly roll out the second half, brush with olive oil. Sprinkle with sesame seeds. Roll out some more to press the seeds into the dough. Cut into strips. Twist the dough and put onto the baking sheet.

Cover with cling wrap/plastic film and leave in a warm place to rise for 1 hour.

### **Oven temperature**

Preheat the oven to 400 degrees FH or 200 degrees Celsius and 6 on a gas oven. Bake for 12 minutes. Turn the sticks over once if you like.

For the twisted sticks: after they are baked, leave them in a warm oven to dry out. Store them for picnics or snack time.