

The Whins Bed and Breakfast

Wheaten Bread Recipe

Ingredients

140 grams strong white flour
100 grams medium wholemeal flour
250 grams wholemeal bread flour
2 teaspoons salt
1 ¼ teaspoons bicarbonate of soda
8 teaspoons sugar (preferably golden caster)
70 grams butter, straight from fridge
4 tablespoons olive oil (or vegetable oil)
400 ml buttermilk

Method

Pre heat an oven to 200°C / gas mark 6 and lightly grease an 8" loaf tin. Measure the flour, salt, bicarbonate of soda and sugar into a large mixing bowl and stir until combined. Cut up the butter into small cubes and add to the bowl. Rub the butter into the flour mixture until you have a light crumb texture. Add the buttermilk and oil and mix together with a spatula to form a sticky dough. Lightly flour a working surface and knead the dough a couple of times to form a large fat sausage/brick shape. Place the dough into the loaf tin and press the top down lightly to flatten. Using a sharp knife, make a cut about 1 centimetre deep from the top to the bottom of the tin. Sprinkle with flour and place in the oven for 30 minutes. After 30 minutes, turn the temperature down to 180°C / gas mark 4 and turn the loaf around. Bake for a further 20 minutes, then remove from the oven and turn out of the tin onto a wire rack to cool.

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