



The following recipe is suitable for making at home. A long rising time has been eliminated from this method but the ascorbic acid (Vitamin C) is essential for good results.

Ingredients

1 kg (8 cups) Flour
20g (1 tablespoon) Salt
20g (1 tablespoon) Fat (Butter, Lard or Margarine)
15g (1 tablespoon) Dried Yeast or 30g compressed
100 milligrams Ascorbic acid
20g (1 tablespoon) Sugar
550 to 650 ml Water (2 3/4 - 3 1/4 cups)

Method

Sieve the flour then mix by hand all the dry ingredients and yeast in a large warm bowl.

Add 550 ml of water and continue mixing until a dough has started to form. If it is not a soft dough extra water must be added and thoroughly mixed in.

Turn the dough out on a floured board and knead it by stretching and folding, then stretching and folding again and again until the dough is very smooth and very easy to stretch (about 10 minutes).

Return the dough to the bowl, cover with a lid or large plate and stand 15 minutes in a warm (25-35°C) place. A superheater cupboard is good.

Remove the dough from the bowl and cut it into either two or three equal pieces. Mould each dough piece gently to the desired shape and place it in a greased baking tin.

Cover each tin with a wet cloth and put them in a warm place to let the dough pieces rise. This will take up to one hour though the exact time will vary. A good guide is to allow the doughs to double in volume.

Bake the doughs in a very hot oven 240-280°C (450-500°F) until brown. This will take about 30 minutes in a normal oven and less in an oven with air circulation.

Remove the loaves from the tins as soon as they come from the oven.

Some handy hints to help with baking bread: 1. To test if the loaf is baked through, turn the loaf upside down and tap it with your knuckles. A thoroughly baked loaf sounds hollow. If the loaf sounds dense or heavy, bake it for another five minutes and test again.

2. Instead of greasing an oven tray with butter or oil to stop the bread from sticking, try sprinkling cornmeal on the tray.