

Bread Recipe For Beginners

Ingredients

- 450g (3 cups) plain bread flour
- 1 tablespoon (12g/2 sachets) dried yeast
- 2 teaspoons caster sugar
- 1/2 teaspoon salt
- 250ml (1 cup) warm milk
- 2 tablespoons melted butter

Instructions

1. Add flour, yeast and sugar to a mixing bowl and mix well
2. Add the salt and create a well in the centre.
3. Pour the milk into the well and add the butter
4. Stir the mixture with a wooden spoon until smooth
5. Bring the dough together in the bowl using your hands
6. Lightly flour a flat surface and turn the dough in the flour
7. Knead until the dough is smooth and elastic
8. Brush a large bowl with butter or olive oil to avoid sticking and place the dough in the bowl and cover with a damp cloth or tea towel
9. Set the dough aside in warm, dry place to prove for roughly an hour until the dough has doubled in size
10. Pre-heat oven to 200 degrees
11. Once risen, return the dough to the floured surface and knead again until the dough is elastic and has returned to its original size
12. Bake in the oven for 20-25 minutes or until golden

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