



Delicious, Healthy, Wilton Windmill Whole Meal Bread



Windmills have always been closely associated with making bread from the flour they grind – some even had bakeries adjoining the mill. At Wilton Windmill, you can buy our stone ground wholemeal flour (the really healthy type with all the parts of the wheat grains in it) and use it to bake your own bread. If you haven't made bread before, here's what to do...

Ingredients

500g Wilton Windmill stone ground wholemeal flour

1 sachet of yeast

50g margarine (olive oil is good too)

400ml warm water or milk - or a mixture of both

1 teaspoon of salt



Method

1. Put the flour into a bowl.
2. Rub in the margarine.
3. Add the salt and the yeast.
4. Using a palette knife, mix to a soft dough, with the warm milk or water. A soft dough will give you a soft bread.
5. Turn the soft dough out on to the work top and knead for at least 5 minutes.
6. Put the dough back into the bowl and leave it to prove for at least 15 minutes - less time if the kitchen is warm and dough rises.
7. Turn dough out and put the bowl to soak in water.
8. "Knock back" (knead) until the dough resembles over chewed chewing gum!
9. Shape into rolls – be creative (!) or even use for a pizza base.
10. Leave to prove again for 15 minutes until the rolls look puffy.
11. Glaze with a little beaten egg for a golden finish.
12. Sprinkle with poppy and/or sesame seeds and a pinch of sea salt.
13. Bake in a hot (180°C) oven for 15 - 20 minutes until well risen and golden brown. You can tell if a roll is cooked by tapping the bottom of the roll and it should sound hollow.



Use your Loaf! Try adding "things" to your dough to make the bread more exciting; for example sun dried tomatoes – grated cheese – nuts – olives... go on, experiment!