

## Simple Bread Recipes

### No Knead Bread

3 cups, 360 gr any flour  
 ¼ teasp dried yeast  
 1 teasp salt  
 1½ cups hot water not boiling  
 2 tbsps. extra flour

Gently aerate the flour or sieve it. Add the salt and yeast in a large bowl. Stir in the water and mix together, it will be sloppy. Cover and leave to stand for 3 hours. After 3 hours dough will be puffy. Transfer to a well-floured board or surface, sprinkle some flour of dough. Using a pastry scraper fold dough over 10 – 12 times and shape into a rough ball. Place in a parchment lined bowl. Cover with a towel, leave to stand for a further 35 minutes. Take your large Le Creuset or similar (Dutch oven) with lid in a cold oven, heat to 220°C, Gas 7 for approximately 35 minutes. Remove dish from oven carefully. Take the parchment paper and dough and lay in the pot. Cover and bake for 30 – 35 minutes. Remove lid and parchment paper and return to oven, uncovered for a further 15 minutes, this ensures a good crusty loaf. You can add seeds or dried fruit to the recipe after you have perfected your loaf.

### Classic Beer Bread

3 cup (340 gr) s r flour  
 1½ tbsps. sugar  
 4 tbsps. melted butter  
 1½ cups beer (340ml) beer  
 1 teasp. Salt

Preheat oven to 180° C, lightly grease a loaf tin 9" x 5". Mix flour, sugar, 3 tbsps. of melted butter and the beer, stirring until fairly smooth. Spoon the mixture into the prepared tin, smooth the top, drizzle the remaining butter on top. Bake the bread for 45 – 50 minutes until a toothpick comes out clean. Remove the bread from the oven, turnout on to a cooling rack after 5 minutes. Can swap half the flour for whole-wheat flour, then add 1 teasp of baking powder. I also added some pumpkin seeds to the top before baking.

### Porridge Bread

(courtesy of Deborah Pottinger Potters Bar Eye)

1 x 500ml tub of low-fat yogurt  
 2 x tubs - use the empty 500ml yogurt tub  
 - of porridge oats (use GF if necessary)  
 2 tsp bicarbonate of soda  
 ½ tsp salt  
 1 egg, beaten  
 1 tablespoon milk  
 oat bran (optional)  
 seeds or dried fruits (optional)

Pour the yogurt into the mixing bowl. Sprinkle over the bicarb and salt and mix in. It will start to froth and foam slightly. Add the porridge oats and any seeds or extra ingredients and mix thoroughly. (if using jumbo oats, put half in food processor makes a less coarse loaf) Mix in the beaten egg and the milk. Place in a greased loaf tin and if desired sprinkle the top with oat bran. (optional) Variations In a savoury loaf add pumpkin or sunflower seeds. For a sweet loaf add one grated apple with cranberries or sultanas. Cook 180°C for 50 minutes. Remove from the tin and place directly on oven shelf. Cook for a further 10 mins, leave to cool on wire tray.

