

*Ordinary
Time*

CSFN.ORG.AU

BREAD

Ingredients

750g plain flour
2tbsp olive oil
20g yeast (or 4 sachets)
500ml water, at room temperature
sugar
salt
2 handfuls mixed seeds
and kernels (optional)

Method

STAGE ONE

Put flour and sugar in a bowl.
Fill a separate container with water and add the yeast. Stir until dissolved.
Add the oil to the yeast mixture.
Slowly pour the liquid into the flour and sugar mixture, stirring gently.
Mix until the dough is well combined.
You may need to add a little more water.
At this time, add the salt and the seeds and kernels, if using, and mix.
Cover bowl generously and tightly with two layers of clingwrap. Put in the fridge and leave to rise for 12 hours.

Method (continued)

STAGE TWO

Remove dough from fridge. Spread some flour on bench and on your hands.

Scoop dough from the bowl and place on the floured surface. Spread a little with your hands and fold over on itself.

Put some flour in a clean bowl, put the dough inside and leave for 30 minutes in a warm place. In the meantime, put your pot (Dutch oven is best) in the oven and heat for 10 minutes at 200C.

STAGE THREE

Sprinkle a little flour in the pot and add the dough. You may like to add a few more kernels on top.

Bake for 30 minutes with the lid on.

After 30 minutes, remove the lid and bake for further 20 minutes.

Remove from oven and loosen bread from the sides of the pot with a knife.

Enjoy!

**YouTube: Sisters of the
Holy Family of Nazareth -
Australia**