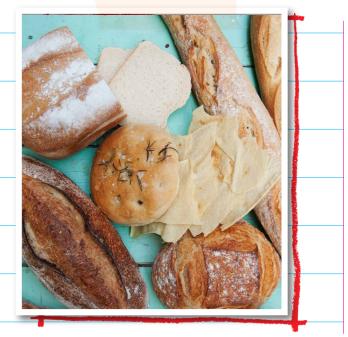


Bread



Homemade bread is easy to make, but it's impressive and versatile too. It's such a rewarding, therapeutic, tactile thing and you'll be so proud of yourself once you've cracked it. Also, you can't beat the smell of freshly baked bread wafting through the kitchen, so roll up your sleeves, get stuck in and give these recipes a go.

___ Baguette (France) these Tortilla wraps (Mexico) Rye bread Pizza base (Italy) (Scandinavia) Music bread (Italy) Ciabatta or Soda bread focaccia (Italy) Fruit bread Pitta (Middle East) Tiger bread _ Chapati, naan or Sourdough rotis (India) Bread sticks Bagel (US) **Flatbread**

★ Did you know?

- For thousands of years, grains and pulses have been harvested for food. Grains such as wheat and rice, and pulses such as lentils, chickpeas and corn, can all be dried and ground into the fine powder we call flour. When flour is mixed with water, it makes dough, and this can be shaped and cooked to create hundreds of different types of bread. Using flour as the main ingredient in bread, is the most common use for flour across the world.
- * A loaf of bread is made up of two parts the crust (the outer, harder layer) and the crumb (which is the softer part inside the crust). That's why the small bits of the inside (which always seem to get everywhere!) are called 'breadcrumbs'.
- * Bread is one of the only foods eaten by people of every race, culture and religion across the world.
- Although 'a dozen' means 12; a 'bakers' dozen' is actually 13 this is because bakers were traditionally made to pay a fine if their loaves were underweight, so they would often give their customers an extra loaf, just in case!

What is bread made of?

In its simplest form, bread is just a mixture of flour and water. To get bread to rise, you also need to add a raising-agent. The most common raising agent used for bread is called yeast.

How is flour made?

Grains and pulses are dried, then ground into the fine powder we call flour – it's as simple as that!

What food group is bread in?

Bread is a 'carbohydrate'. Carbohydrates are important because they give us energy, which helps us to power through the day.

What are carbohydrates?

Carbohydrates (often called 'carbs') are one of the four major food groups. Our body breaks carbohydrates down into a sugar source of fuel for the body. Carbohydrates are an important part of a balanced diet.

What is yeast?

Yeast is a natural micro-organism, which is added to bread to help it rise. Adding yeast creates bubbles of air in the mixture (because the yeast is reacting with the flour), and these bubbles then grow and in tun helping the bread to grow.

How does bread rise?

For bread to rise, you need to add a raising agent to create bubbles. Although yeast is the most common raising agent for bread, you can use baking powder or bicarbonate soda to create a similar effect. As the dough proves and bakes, the bubbles begin to grow, making the bread light, airy and soft. The proving process matures the flour flavour and take approximately 40 minutes to an hour and a half, depending on the conditions. For the quickest prove, place in a warm, draft-free place, for example, near the cooker or in the airing cupboard.

Why do we knead dough?

Kneading is the process of stretching and folding the dough over with force. You knead to give your bread structure and texture. Kneading dough also activates something in the flour called 'gluten', which gives the dough elasticity and helps it to become stretchy enough to grow when the yeast bubbles expand in the mixture, allowing the bread to rise well. Once the bread dough has been kneaded well-enough, it should feel nice and smooth and spring back when you poke it with your finger.

Why do we leave dough to rise before baking?

Bread baking is similar to a science experiment. By leaving dough to rise in a warm place after kneading (but before baking), it allows the yeast to create air bubbles, which in turn help the bread to rise in the oven.

Why are loaves of bread so different to flatbreads?

Flatbreads are the most straightforward type of bread. Flour is mixed with water, seasoning, and

any flavours the baker wants to add, then usually rolled into flat rounds and grilled over a fire, baked in an oven or pan-fried. It's not baked and it doesn't have a raising agent in the mixure.

Is bread good for you?

Yes! As well as being an excellent source of carbohydrate (which is important when maintaining a balanced diet), bread also provides you with B vitamins, protein, calcium and fibre (especially if you use wholegrain flour).

Can you eat bread for dessert?

Yes, bread doesn't have to be savoury. You can also make sweeter, fruity breads using dried fruits and currants. One of the most popular breads is banana bread, which is made using mashed bananas (a brilliant way to use up overripe bananas). You might have also tried bread and butter pudding, a very traditional British dessert made with bread, butter, dried fruit and a delicious, sweet custard. In France, they make pain perdu, where they fry bread after soaking it in a mixture of eggs, milk, (or cream) and sugar.



- Certain flours may need a little more water, so don't be afraid to add an extra splash or two to bring your dough together just remember, you can always add more, but you can't take it away, so work carefully.
- ⋆ If any of the dough sticks to your hands, just rub them together with a little extra flour.
- ★ Ideally you want a warm, draught-free place for the quickest prove, for example, near a warm cooker or in the airing cupboard – covering it with clingfilm or a damp clean tea towel will help speed things up.
- ★ When it comes to cooking your loaf, you want to keep all the air inside it, so gently place it in the preheated oven and try not to knock it or slam the oven door shut.

Wholemeal bread

Makes 1 loaf





Once you've mastered a basic bread dough recipe you'll be able to add your own personality to the bread by adding all sorts of different flavours.

Ingredients

- ☐ 1 teaspoon olive oil,
 plus extra for greasing
 ☐ 50g strong white
 bread flour, plus extra for
 dusting
- 1 x 7g sachet dried yeast
 1 tablespoon runny honey
 400g strong wholemeal flour
 1 teaspoon sea salt





Once the dough has doubled in size, knock the air out for 30 seconds by bashing it and squashing it. You can now shape it as required and leave it to prove for a second time until it has doubled in size once more. This is the most important part, as the second prove will give it the air that finally ends up being cooked into your bread, giving you the really light, soft texture that we all love in fresh bread. So remember - don't fiddle with it, just let it do its thing.





- Lightly grease the bottom and sides of a 1-litre loaf tin with olive oil.
- Dust the sides of the tin lightly with flour, then tap to get rid of any excess.
- Pour 300ml of lukewarm water into a measuring jug.
- Add the yeast, 1 teaspoon of olive oil and the honey to the water, then mix and leave for a couple of minutes until it starts to bubble.

 Meanwhile...
- Mix the strong white bread flour, strong wholemeal flour and salt together in a large mixing bowl.
- Make a well in the centre of the flours.
- Slowly pour the yeast mixture into the well, and use a fork to gradually bring the flour in from the outside.
- Once you're finding it hard to mix, use your hands to pat and pull it into a soft, sticky dough, adding an extra splash of water, if needed.
- Dust a clean work surface and your hands with flour, then knead the dough, pushing, folding and pulling it with your hands, for about 5 minutes until it's silky and elastic if any of the dough sticks to your hands, just rub them together with a little extra flour.
- 10 Lightly flour the top of the dough, make it into a roundish shape and place into a clean bowl.
- 11 Cover with a damp clean tea towel and place in a warm draught-free place for around 1 hour, or until doubled in size.
- When the time's up, tip the dough back out onto a clean, floured-dusted surface at this point you need to knock the air out of it by bashing it around for another minute, then shape into a rectangle that will easily fit into your tin.
- Cover with the damp tea towel again and leave to prove in a warm place for another hour, or until doubled in size. Meanwhile...

- 14 Preheat the oven to 220°C/425°F/gas 7.
- 15 Once the dough has risen, bake in the hot oven for 20 minutes, then reduce the temperature to 200°C/400°F/gas 6 and bake for a further 20 minutes, or until golden and cooked through.
- 16 Using oven gloves, carefully remove the loaf from the oven.
- 17 To check if it's done, carefully remove from the tin and tap the bottom if it sounds hollow it's ready, if not simply cook for a little longer.
- Place on a wire cooling rack to cool before slicing up and tucking in.

lour	notes



Easy flatbreads

Makes 12









I've given you a recipe for herby garlic butter here too, but these flatbreads are lovely just as they are alongside some soup, with a fresh salad or dunked in some homemade dip too.

Ingredients

for the flatbreads:

- 350g self-raising flour, plus extra for dusting
- sea salt
- 1 teaspoon baking powder
- 350g natural yoghurt

optional - for the garlic and herb butter:

- 2 cloves of garlic
- 1 bunch of fresh soft herbs, such as flat-leaf parsley, tarragon, basil, dill
- 40g unsalted butter



wheat, gluten, dairy



- Add all the flatbread ingredients to a mixing bowl and mix together with a wooden spoon, then use clean hands to pat and bring everything together.
- Dust a clean work surface with flour, then tip out the dough.
- Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together).
- Put the dough into a floured-dusted bowl and cover with a plate, then leave aside.
- 5 If making the garlic butter: peel the garlic cloves and crush them with a garlic crusher.
- 6 Pick the herb leaves onto a chopping board and finely chop them, discarding the stalks.
- Melt the butter in a small saucepan over a medium heat, stir through the garlic and chopped herbs, then set aside.
- Dust a clean work surface and rolling pin with flour, then divide the dough in half. Divide each half into 6 equal-sized pieces (roughly the size of a golf ball).
- With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into a 12cm round, roughly 2mm to 3mm thick.
- 10 Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end.
- 11 Place the griddle pan on a high heat, then once hot, cook each flatbread for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs.
- 12 Brush the flatbreads all over with herby garlic butter as they come off the griddle, then pile onto a serving board so everyone can tuck in and help themselves.

Your notes		

Basic pizza dough

Makes 10





Pizza is probably one of the most famous dishes in the whole world. This is a really simple method for making your own pizza dough. Semolina flour gives the dough an authentic flavour and texture so use it if you can, but don't worry if you don't have any - just go for 1kg of strong white bread flour instead.

Ingredients

- 2 x 7g sachets of dried yeast
 1 tablespoon golden caster sugar
 800g strong white bread flour, plus
 extra for dusting
- 200g fine ground semolina flour
- 1 level teaspoon fine sea salt
- olive oil





Very often, tomato sauce is used as the base for pizza topping, and mozzarella cheese is almost essential to go with it. When you eat good pizzas around Italy the toppings are normally very sparse and the base is rolled really thinly. Just the sheer heat of the oven and the oven floor that it's being cooked on gets the yeast into action to give you some lovely light bubbles in the base.





- Pour 650ml of lukewarm water into a measuring jug. Add the yeast and sugar, then mix and leave for a few minutes until it starts to bubble. Meanwhile...
- Pile the flours and salt onto a clean work surface or into a large bowl, then use your hands to make a well in the centre.
- 3 Slowly pour the yeast mixture into the well, and use a fork to gradually bring the flour in from the outside.
- Once you're finding it hard to mix, use your hands to pat and pull it into a soft, sticky dough, adding an extra splash of water to bring it together, if needed.
- 5 Knead the dough, pushing, folding and pulling it with your hands, for about 5 minutes until it's silky and elastic if any of the dough sticks to your hands, just rub them together with a little extra flour.
- 6 Lightly flour the top of the dough, make it into a roundish shape and let it rest for at least 15 minutes at room temperature this will make it easier to roll it out thinly.
- Use a knife to cut the dough into as many pieces as you want to make pizzas – lots of small ones or a few larger ones – ten is a good quantity for this amount of dough.
- Timing-wise it's nice to roll the pizzas out 15 to 30 minutes before you start to cook them if you want to work more in advance, it's better to keep a ball of dough wrapped in clingfilm in the fridge rather than having rolled-out pizzas hanging around for a few hours.
- Take a piece of the dough, dust the surface and the dough with a little flour or semolina, and use a rolling pin to roll it out into a rough circle around ½cm thick.
- Tear off an appropriately-sized piece of tin foil and rub it lightly with olive oil.
- Dust well with flour or semolina and place the pizza base on top.

Continue doing the same with the other pieces then, if you dust them with a little flour, you can pile them up into a stack, cover them with clingfilm and put them in the fridge until needed.



When you're ready to cook them, preheat the oven to 250°C/500°F/gas 9.

At this stage you can apply your toppings (see **Pizza Margherita with different toppings** recipe for some ideas) – and remember: less is more. If you can, cook the pizzas on a piece of granite in your conventional oven – if not, do them one-by-one on pieces of tin foil directly on the bars of the oven shelf, towards the bottom of the oven (if you're going to cook your pizzas on the bars of the oven, make sure they're not too big – otherwise they'll be difficult to manoeuvre).

Cook for 7 to 10 minutes, or until the pizzas are golden and crispy.

Your	notes	

Pizzo Margherita with different toppings



Serves 10







When it comes to topping a pizza, the only thing you need to remember is: less is more. Keep your combinations simple and don't overload it with toppings so it has a chance to cook through. I've given you some ideas here, but feel free to play around and find your own favourites.

Ingredients

1 x Basic pizza dough recipe

for the tomato sauce:

2 cloves of garlic

 \square ½ a bunch of fresh basil

olive oil

2 x 400g tins of good-quality plum tomatoes

sea salt and freshly ground black pepper

for the basic topping:

3 x 125g ball of mozzarella

extra virgin olive oil



wheat, gluten,





For nutritional information, ask

- Peel and finely slice the garlic on a chopping board.
- Pick the basil leaves, discarding the stalks.
- Place a saucepan on a medium-low heat and add 1 tablespoon of olive oil.
- Add the garlic and cook for a couple of minutes, or until lightly golden.
- 5 Pour in the tomatoes, then add most of the basil leaves and a tiny pinch of salt and pepper.
- 6 Cook gently for around 20 minutes, or until smooth, breaking the tomatoes up with a wooden spoon as it cooks.
- 7 Have a taste and adjust the seasoning if you think it needs it.
- Spread the tomato sauce over the pizza bases see **Basic pizza dough** recipe.
- Tear over the mozzarella and scatter with the remaining basil leaves.
- Drizzle each pizza with 1 teaspoon of extra virgin olive oil.
- Cook until crisp and golden it'll take about 7 to 10 minutes see **Basic pizza dough** recipe for further instructions.

Jamie's Topping ideas:

Try adding your favourite cold meats like Parma ham or salami, or slice up things like mushrooms, olives, courgettes or cooked potatoes and add them. You can also use leftovers – shredded roast pork or chicken would both work well. Have a play and find your favourite combos. Serve up your pizza with a fresh green salad on the side.

Your notes		

Garlic pizza bread

Makes 10





If you can, cook the garlic flats on a piece of granite in your conventional oven - if not, do them one-by-one on pieces of tin foil directly on the bars of the oven shelf, towards the bottom of the oven (if you're going to cook them on the bars of the oven, make sure they're not too big - otherwise they'll be difficult to manoeuvre).

Ingredients

- 10 cloves of garlic
 sea salt and freshly
 ground black pepper
 extra virgin olive oil
- ½ a bunch of fresh flat-leaf parsley

Equipment list?

- Pestle and mortar
- Measuring
- spoons Spatula
- Chopping board
- **Knife**

- Preheat the oven to 250°C/500°F/gas 9.
- Peel the garlic cloves and place in a pestle and mortar.
- Add a tiny pinch of sea salt and smash to a paste.
- Pour in 10 tablespoons of extra virgin olive oil and mix together (you need roughly 1 clove of garlic and 1 tablespoon of oil per garlic pizza bread, so if you're not cooking them all at once, make sure you scale down accordingly).
- Use a spatula to spread the garlickly oil generously all over the surface of the pizza bread bases.
- Pick the parsley leaves onto a chopping board, discarding the stalks.
- Finely chop the leaves and scatter over the oiled bases, along with a generous pinch of pepper.
- Just before cooking, make little slashes along the dough bases and pull slightly to create small gaps.
- Cook for 7 to 10 minutes, or until golden and crisp, then serve.

Here's how to make it

Make and roll out the pizza dough (see **Basic pizza dough** recipe).







Tomato and basil focaccia



Makes 18 pieces



Equipment Weighing scales **Measuring** spoons 2 large mixing bowls Measuring jug Fork L Tea towel Chopping board Mixing bowl **Knife** Baking tray $(20cm \times 30cm)$ Oven gloves Bread knife



Focaccia is my favourite type of Italian bread. It's not too hard to make and you can take it in loads of different directions by changing the toppings - just keep it light and you'll be on to a winner.

Ingredients

for the dough:

- 400g strong white bread flour, plus extra for dusting
- 100g fine ground semolina flour or strong white bread flour
- sea sal
- 1 x 7g sachet dried yeast
- ½ tablespoon golden caster sugar
- olive oil

optional -

for the topping:

- 1 big bunch of fresh basil
 300g ripe cherry tomatoes
- freshly ground black pepper
- 2 tablespoons extra virgin olive oil
- 🔽 1 tablespoon red wine vinegar
- 2 cloves of garlic





- 1 Place the flours and ½ a tablespoon of sea salt into a large mixing bowl or onto a clean work surface, and make a well in the centre.
- Add 300ml of lukewarm water to a measuring jug, then add the yeast and sugar and mix with a fork to activate the yeast.
- Leave for a few minutes and, when it starts to bubble, slowly pour it into the well, mixing with a fork as you go.
- As soon as all the ingredients come together, which may take a minute or so, dust a clean work surface with flour and knead the dough vigorously for around 5 minutes, or until you have a smooth, springy, soft dough.
- 5 Lightly oil a large clean mixing bowl with some olive oil and add the dough.
- Dust with a little extra flour, cover with a clean damp tea towel and leave to prove in a warm place for 30 minutes, or until doubled in size.
- While the dough is rising, preheat the oven to 220°C/425°F/gas mark 7. Meanwhile...
- Pick the basil leaves onto a chopping board, discarding the stalks, then tear the leaves into a mixing bowl.
- Out the cherry tomatoes in half, then add to the bowl with the basil.
- Season with a tiny pinch of salt and pepper, then add 1 tablespoon of extra virgin olive oil and the red wine vinegar.
- 11 Peel, then finely slice the garlic on a chopping board, add it to the bowl and mix everything together.
- 12 As soon as the dough has risen, pound with your fists, then place on a 20cm x 30cm baking tray and spread it out to cover the tray.
- Push down roughly on top of the dough like a piano to make lots of rough dips and wells – these little indentations give you the classic focaccia shape.
- 14 Tip the tomatoes and basil mixture evenly over the surface, pushing them into the dimples.

- 15 Finish by drizzling over 1 tablespoon of extra virgin olive oil and sprinkling with a tiny pinch of sea salt.
- Cover with a clean damp tea towel and leave to prove and rise for a further 20 minutes.
- 17 Use oven gloves to place in the hot oven, then bake for around 20 minutes, or until golden on top and soft in the middle.
- 18 Use a bread knife to cut it into chunks on a chopping board, then tuck in.

Your	notes