Step by step guide to making bread

Ingredients

500g of chosen flour (could be granary, white or whole wheat)

300ml tepid (lukewarm) water

A sachet of yeast

1 teaspoon salt

2 tablespoons olive oil

Equipment

weighing scales

large bowl

wooden spoon

loaf tin

sharp knife

cling film/tea towel

1. Measure out and then sift the flour, yeast and salt into a large bowl and mix together, using your hands.

2. Make a well in the middle of the bowl and add 300ml tepid water with the oil, then carefully and gradually stir into the dry ingredients to make a soft dough.

3. Flour a surface, place your dough onto it and knead into the dough for around 5 to 10 minutes. You will know it is enough when the dough feels elastic and no longer feels sticky. If it still feels sticky, sprinkle with a little flour.

4. Put the dough back in the bowl.

5. Place a tea towel/cling film over the bowl and leave in a warm place to prove/rest for around an hour. You will know it has proved when the dough has risen to fill the bowl and it no longer springs back when you press it with your finger.

6. Further knead the dough for 1 minute. Leave it to rest for another 5 minutes, then shape the dough into the desired bread shape.

7. Heat oven to 200°c or gas mark 6. Make several slashes across the top of the loaf with a sharp knife.

8. Bake for 30–35 minutes, or until the loaf is golden.

9. Once cooked, place onto a cooling rack. It should sound hollow when you tap on its bottom.