

D3

From Barn to Bread in Stuart Times

Making a Loaf

Please note:
materials contain
allergens

ACTIVITY

Recipe for making 1 lb. Tin loaf or 3 x 5oz
Cottage loaves or 12 bread rolls

Ingredients:

4 oz. Medieval flour mix (rye, oats, peas, beans)

2 oz Spelt flour

2 oz Strong white flour

Half teaspoon Salt

1 oz Butter

Half ounce Yeast

Half teaspoon Honey

Quarter pint warm water and milk mixed together

Ideal temperature to add dry ingredients is 120°- 130° F



Method

1. Put warmed flours into bowl with salt and butter.
2. Rub the butter into the flours until it is like breadcrumbs.
3. Add yeast and honey.
4. Slowly mix in water / milk until the dough is soft, spongy, sticky and like elastic.
5. Pull and stretch the dough (kneading) with floured hands for 10 minutes to work the Gluten in the flours so that the dough stretches.
6. Dredge the board and hands with flour as you knead until the dough is not sticky.
7. Shape the dough to fit container and break off small piece.
8. Place small piece in centre and put thumb in the middle to indent.
9. Place dough in baking container and put in warm place to prove.
10. Allow to rise for 20 minutes.
11. Cook in hot oven until loaf sounds hollow on the bottom (about 30 minutes).

Eat when cool.

" I recommend (the visit) to other schools...cool how they made bread. We will remember it because we did it." Rosa aged 10