

Basic white Bread

500 grams of bakers flours
40 grams fresh yeast or 10 grams of dried
1 teaspoon salt
20ml oil
300ml water

In the jug of the Mycook Premium add water, oil and salt

Set for **3** minutes at **40°C** on speed **2**, the water will be at the correct temperature for the yeast. Then add yeast and blend for **1** minute, speed **3**

Then add the flour, set for 2 minutes using the knead function button. (The button with the rolling pin on it)

When the machine beeps, it is finished, tip jug upside down and release the blade to take out the dough onto a lightly floured work surface . If need be use your hand to empty jug. and knead for a minute or so by hand, and put into an oiled bowl and cover with plastic wrap or a cloth and leave in a warm place to prove and double in size.

When doubled in size, punch down, tip out and knead for another couple of minutes, shape into desired loaf shape.

Allow to rise again, then place into a preheated oven at 200 degrees Celsius. Bake for 30-40 minutes.

Bread should sound hollow when tapped on the bottom after baking.

If adding any whole seeds, fruit , olives etc, add them in the last 30 seconds of kneading.

Spelt Bread

500 grams of spelt flour
40 grams fresh yeast or 10 grams of dried
1 teaspoon salt
20ml oil
300ml water

In the jug of the Mycook Premium add water, oil and salt

Set for **3** minutes at **40°C** on speed **2**, the water will be at the correct temperature for the yeast. Then add yeast and blend for **1** minute, speed **3**

Then add the flour, set for 2 minutes using the knead function button. (The button with the rolling pin on it)

When the machine beeps, it is finished, tip jug upside down and release the blade to take

out the dough onto a lightly floured work surface. If needed, use your hand to empty the jug.

I found the spelt dough to be more wet and sticky, this is ok, pull out dough using hands to clean jug. Knead for a minute or so by hand, and put into an oiled bowl and cover with plastic wrap or a cloth and leave in a warm place to prove and double in size.

When doubled in size, punch down, tip out and knead for another couple of minutes, shape into desired loaf shape.

Allow to rise again, then place into a preheated oven at 200 degrees Celsius. Bake for 30-40 minutes.

Bread should sound hollow when tapped on the bottom after baking.

If adding any whole seeds, fruit, olives etc, add them in the last 30 seconds of kneading.

- You can substitute 200 grams with either rye meal or whole meal. While learning it is wise to stop and check the dough, if it is too wet you might need to add some more flour and knead again for another minute or so.

If it feels very dry add a small drop of water and re-knead.

- One way to see if the dough has been kneaded enough look for the 'window pane' effect. To do this cut a piece of dough from the ball, hold it up and try to stretch it out into a thin sheet. If you can make it thin enough to see light through it when you hold it up to the window, and the dough isn't tearing, then it is elastic enough to stop kneading. But if the dough tears when you are trying to stretch it then continue kneading for a few more minutes and try again.

- As you knead the dough, add just enough flour so that the dough is no longer sticky. In recipes, a range is given for the amount of flour because flour can gain or lose moisture depending on weather conditions and how it is stored. Too much flour added during kneading may produce streaks and uneven grain.

How to Tell When Yeast Breads Are Done

Sound plays a key role in determining if yeast breads are done, so listen carefully!

Yeast breads are done when:

- They are golden brown.
- They pull away from the sides of the pan.
- Tapping on the top crust of a loaf produces a hollow sound.

To tap the bread on the base you need to tip the bread out of the tin and tap. If it does not sound hollow, return the loaf back to the tin and continue to bake. Work carefully as the bread and tin will be hot.

Practice makes perfect.