

## Bread

1kg strong bread flour  
 625 ml warm water  
 3x 7 g packets of dried yeast, or 30g fresh yeast  
 2 tablespoons of sugar  
 1 level tablespoon of fine sea salt  
 Flour for dusting

### Glossary

<i>Well</i>	A cylinder shape
<i>Stodgy</i>	Heavy/filling
<i>Get stuck in</i>	To begin
<i>Elbow grease</i>	Hard work
<i>Prove</i>	Bread rising
<i>Kicked into action</i>	Have an effect
<i>Hollow</i>	Empty
<i>Fandabidozi</i>	Fantastic

1. **Making a well:** Put the flour on a clean surface and make a large well in the centre. Pour half your water into the well, then add your yeast, sugar and salt and stir with a fork.
2. **Getting it together:** Slowly but confidently, bring in the flour from the inside of the well. (You don't want to break the walls of the well, or the water will go everywhere.) Continue to bring the flour in to the centre until you get a stodgy consistency – then add the remaining water. Continue to mix until it's stodgy again, then you can be more aggressive, bringing in all the flour, making the mix less sticky. Flour your hands and pat and push the dough together with all the remaining flour. (Certain flours need a little more or less water, so feel free to adjust.)
3. **Kneading!** This is where you get stuck in. With a bit of elbow grease, simply push, fold, slap and roll the dough around, again and again, for 4 or 5 minutes until you have a smooth and elastic dough.
4. **First prove:** Flour the top of your dough. Put it in a bowl, cover with cling film, and allow it to prove for about half an hour until doubled in size – ideally in a warm, moist, draught-free place. This will improve the flavour and texture of your dough and it's always exciting to know that the old yeast has kicked into action.
5. **Second prove:** Flavouring and shaping: 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 or flavour it as required – folded, filled, tray-baked, whatever – and leave it to prove for a second time for 30 minutes to an hour 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.
6. **Cooking your bread:** Preheat the oven to 180°C/350°F/gas 4. Very gently place your bread dough on to a flour-dusted baking tray and into the preheated oven. Don't slam the door or you'll lose the air that you need. Bake for 25-30 minutes or until cooked and golden brown. You can tell if it's cooked by tapping its bottom – if it sounds hollow it's done, if it doesn't then pop it back in for a little longer. Once cooked, place on a rack and allow it to cool for at least 30 minutes – *fandabidozi!*  
 Remember you can freeze any leftover bread.



## Parkin

200g butter  
Butter, plus extra for greasing  
1 large egg  
4 tbsp milk  
200g golden syrup  
85g treacle  
85g light soft brown sugar  
100g medium oatmeal  
250g self-raising flour  
1 tbsp ground ginger

1. Heat oven to 160C/140C fan/gas 3. Butter a deep 22cm square cake tin and line with baking parchment. Beat the egg and milk together with a fork.
2. Gently melt the syrup, treacle, sugar and butter together in a large pan until the sugar has dissolved. Remove from the heat. Mix together the oatmeal, flour and ginger and stir into the syrup mixture, followed by the egg and milk.
3. Pour the mixture into the tin and bake for 50 mins – 1 hr until the cake feels firm and a little crusty on top. Cool in the tin then wrap in more parchment and foil. Keep for up to five days before eating if you can – it'll become softer and stickier the longer you leave it, up to two weeks.

## Glossary

<b><i>Greasing</i></b>	<b>To cover something with butter</b>
<b><i>Ground</i></b>	<b>Crushed into small pieces</b>
<b><i>Tbsp</i></b>	<b>Tablespoon</b>
<b><i>Parchment</i></b>	<b>Paper</b>
<b><i>Beat</i></b>	<b>To mix/whisk with force</b>
<b><i>Dissolved</i></b>	<b>Mixed into water</b>
<b><i>Firm</i></b>	<b>Hard</b>