

Light Malthouse

Makes 1 loaf or 10 rolls

200g strong white flour (more for dusting)
 300g malthouse/granary flour
 325ml warm water (30°C)
 5g dried yeast
 7g salt



Put the flour, yeast and salt into a large bowl and pour in the water. Using one hand or a spoon mix these ingredients to form sticky dough. Allow this to sit for 5-10 minutes before stage 2. Oil or wet your work surface and vigorously knead the dough for 5 minutes. This dough is naturally stickier, so try to avoid using more flour. If it becomes too sticky, use wet hands to work the dough. Return the dough to the bowl and cover the bowl with a tea towel or plastic bag, and leave in a warm place to rise until doubled in size, approximately two hours.

Flatten the dough into a disk and roll and fold it up like a thick Swiss roll. Place these seal side down, flatten the ends and tuck them under the rolls. Place into tin, place tins into a plastic bag and allow them to rise in a warm place for 60-90 minutes depending on temperature. The dough should rise above the top of the tin. Place this straight away into in a pre-heated oven (220°C/400°F) Bake at this temperature for 10 min then lower to 180°C/360°F and bake for a further 25-30 minutes. Cool before slicing.

This recipe has both white and malthouse flour to make it a bit easier to work, and produce a slightly lighter loaf. If you want a full malthouse loaf, use 500g malthouse flour and embrace the stickiness!