

there must be  
more to **life...**



*Discover  
Jesus.*

#### Ingredients

- 9 cups bread flour
- 4 teaspoons salt
- 2 Tablespoons yeast
- 1 Tablespoon Bread Improver
- 2 Tablespoons oil
- 4 cups warm water

#### Method

1. Stir together in a bowl, flour, salt and yeast
2. Mix oil and water. Mix in with flour etc. knead for 5 minutes (extra flour on hands and board are needed for this process). Dough should now be firm and elastic. Put in a bowl and cover with a tea towel and leave for dough to prove, for approximately 20 minutes or until it has doubled in size.
3. Knock down and turn on lightly floured board. Knead until smooth again. Test by pocking with finger. Dent should spring back.
4. Make into desired shape or loaves. Place on/in tray and allow to rise again (approx. 20 minutes).  
Rolls to be baked at 200°C for 15-20 minutes  
Bread to be baked at 200°C for 30-40 minutes

NB. This recipe makes up equally well as 50/50 brown wholemeal & white plain flour. Bread can be frozen however if Bread Improver is omitted, use within one day of making/defrosting.

*Recipe curtesy of Warooka Country Women's Association Branch*

#### Wheaten Bread – Irish Recipe

##### Ingredients

- ½ lb. Plain flour
- 1 teaspoon salt
- 1 teaspoon cream of tartar
- 1 teaspoon baking soda
- ½ lb. wheaten meal
- Buttermilk

##### Method

1. Sieve flour, salt, cream of tartar and baking soda together into bowl. Add wheaten meal.
2. Make a well in the centre and add enough buttermilk to mix into a soft dough.
3. Knead quickly and lightly then transfer to floured bread tin.
4. Bake in a hot, 220°C, oven for 20-25 minutes until bread makes a hollow sound when tapped.
5. Cool in a clean tea towel. Spread with butter when ready to serve.