



# Basic Bread

**Season:** All

**Type:** Basics and Breads

**Difficulty:** Intermediate

**Makes:** 1 loaf

**Recipe Source:** Stephanie Alexander Kitchen Garden Foundation

Basic bread is delicious and not difficult to make at all – most students enjoy kneading and shaping the loaves. This recipe needs time for two risings, so in kitchen classes the dough will be made for you and you will make the dough for the next class.

## Equipment:

metric measuring scales and spoons  
2 large mixing bowls  
large measuring jug  
wooden spoon  
large board or flat, clean surface for kneading dough  
pastry brush  
tea towel  
spoon  
loaf tin or baking tray  
oven mitts

## Ingredients:

400 g plain flour  
100 g whole-wheat flour  
1 teaspoon salt  
7 g instant dry yeast — 1  $\frac{1}{2}$  tblsp.  
300 ml warm water  
1 tablespoon honey  
(can substitute with molasses)  
vegetable oil, for oiling bowl and tin  
semolina flour or fine polenta  
– a spoonful for dusting



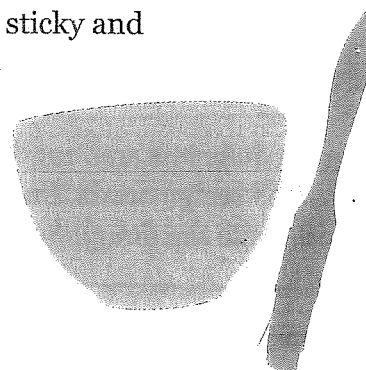
## What to do:

- Tip the flour into a large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon.
- Measure 300 ml of warm water into the measuring jug and stir in the honey until it dissolves.
- Using the wooden spoon, push the flour away from the centre of the bowl to make a well in the middle. Pour in the water and honey mixture.
- Stir to mix the flour and water to a heavy dough. It will form a sticky ball.
- Sprinkle flour over the wooden board or clean, dry surface. Pat some flour onto your hands and sprinkle some flour on the dough in the bowl.
- Tip out the dough and pat all the pieces into a pile. Squash it down, using your hands to gather it all together into one lump.
- Now push the dough down with the heels of your hands, then roll and fold the dough into a ball and squash it down again. This is called kneading.
- If the dough feels sticky, pat your hands and sprinkle the dough and board with more flour, just a little at a time.



**Basic Bread** continued

- Knead, counting each time you squash the dough. You want to count to 200 squashes! (Or watch the clock and knead for 3 minutes.) Roll it back into a ball between each one. You will feel the dough becoming warmer, less sticky and more stretchy.
- Dip the pastry brush into a little vegetable oil and use it to oil the inside of the second large bowl. Drop your dough into the oiled bowl.
- Cover the bowl with a tea towel and leave it for at least 30 minutes in a comfortably warm place (not too hot).
- Preheat the oven to 200°C.
- Brush the inside of the loaf tin with the pastry brush to oil it.
- Tip in about a spoonful of semolina flour or polenta, then tilt the loaf tin in every direction gently so that the semolina sticks to the oiled surface all over the inside of the tin. Tap the tin on the board to get rid of any extra semolina.
- Sprinkle your surface with flour.
- You know the dough is ready to work again when it is puffy and about twice the size it was before. Make a fist and punch straight down once into the dough. All the air will escape.
- Tip your dough onto the floured board and knead again. This time you only need to count 30 squashes (30 seconds).
- When you have finished kneading your bread, pat it into a long, round shape and drop it in the tin. Cover the tin with a tea towel and leave it in the warm place again for 20 minutes. You should then see that the bread dough has risen.
- Place the tin in the middle of the oven and bake for 40 minutes.
- **\*Wearing oven mitts on both hands**, carefully take the tin out of the oven, turn it over and tip the bread out onto your hand.
- Tap the bottom of the loaf with a finger and listen carefully. The sound will be a hollow 'tonk' like a muffled drum. Listen to the loaf itself: if you can hear lots of tiny bubbles popping, put it carefully back in the tin and back in the oven for 5 more minutes. If it sounds ready, place the loaf (without the tin) on a wire rack to cool.
- Wait at least 10 minutes before slicing and serving warm.



**\*Adult supervision required**

DIAMOND

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## Apple Cranberry Walnut Salad


🕒 10 minutes 📋 12 ingredients

🌰 Walnut 📊 Easy

✂️ 4-6 ▼ servings

[Update Ingredients](#)

### Ingredients

- 6 cups spinach salad
- 1 red apple
- 1 green apple
- 1 cup Diamond  alifornia® walnuts, roughly chopped
- 1/3 cup crumbled feta cheese
- 1/3 cup dried cranberries

#### For the dressing

- 1 cup apple juice
- 4 tablespoons apple cider vinegar (or white vinegar in a pinch)
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup oil

### The Steps

1. Core and chop apples (thin slices or 1 inch chunks). Toss lettuce, apples, walnuts, feta, and cranberries together in a large bowl.
2. Whisk together all dressing ingredients. Toss with salad immediately before serving. Enjoy!

RECIPE CONTRIBUTED BY CREME DE LA CRUMB



## Vegetable biryani



★★★★★

0:20 Prep • 0:25 Cook • Easy

No need for a grocery run – whip up this hearty vego dinner with what's in the fridge!

### INGREDIENTS

- ☐ 2 brown onions, thinly sliced into rounds
- ☐ 1 tablespoon fresh ginger, finely grated
- ☐ 2 garlic cloves, crushed
- ☐ 1/4 cauliflower, chopped
- ☐ 1/2 pumpkin, chopped
- ☐ 2 handfuls green beans, chopped (see notes)
- ☐ 1/2 cup fresh coriander leaves
- ☐ 20g butter
- ☐ Plain yoghurt, to serve
- ☐ 2 tablespoons extra virgin olive oil
- ☐ 60g (1/4 cup) madras curry paste, or korma curry paste
- ☐ 400g (2 cups) basmati rice
- ☐ 2 tablespoons currants
- ☐ 35g (1/3 cup) flaked almonds, toasted

### METHOD

- Step 1** Heat the butter and 1 tbs of the oil in a large heavy-based saucepan over medium-low heat. Add the onion, ginger and garlic. Cook, stirring occasionally, for 12 minutes or until soft and golden brown. Season. Transfer to a bowl. Set aside.
- Step 2** Heat remaining oil in pan over medium heat. Add curry paste. Cook, stirring, for 1-2 minutes or until aromatic. Add the vegetables, rice, currants and onion mixture, reserving 2 tbs onion mixture. Cook, stirring, for 1 minute or until coated. Add 1L (4 cups) water and bring to the boil. Reduce heat to low and cook, covered, for 10 minutes or until the rice and vegetables are tender. Allow to stand, covered, for 10 minutes. Fluff with a fork to separate the grains.
- Step 3** Sprinkle with the nuts, coriander and reserved onion mixture. Serve topped with a dollop of yoghurt.