



ANSTER WHEY BREAD

Ingredients to make two good sized cobs

*300g warmed whey
50g honey
6g fresh yeast*

*400g strong stoneground white flour
100g white spelt flour
50g butter at room temperature
8g salt*

Method – preparation 30 minutes, baking 50 minutes

Mix the **strong white flour** and **spelt flour** in a bowl large enough to allow the dough to double in size.

Whisk the **warm whey**, **honey** and **yeast** together in a large jug, add half the flour then cover this and leave to rise for 30 minutes.

Mix the **salt** into the remaining flour, then rub in the **butter** till the mixture reaches breadcrumb consistency.

Now mix the risen yeast into the flour and butter until all the flour has been moistened. Knead the dough for around 10 minutes then leave in an oiled bowl for 30 minutes.

Turn the dough onto a board. Fold the edges of the dough into the centre all round, roll up into an oblong. Put the dough on a floured cloth in a basket and leave to prove in a warm place for one hour.

Turn the oven on early enough to be at 220°C by the time the cob has proved. Turn the loaf carefully onto an oiled baking tray, dredge with flour and score with a sharp knife. Bake for approximately 50 minutes until the cob is golden brown and hollow when tapped and isn't soft on the sides.

Serving

This bread is best with savoury food, especially Anster cheese. It regains its strong dairy taste when it is toasted. The whey I use comes from The St. Andrews Cheese company near Anstruther. Normally the whey goes back onto the fields as fertiliser but as a special occasional favour I scrounge a couple of litres.