



ANSTER WHEY BREAD

Ingredients to make one 400g cob

*150g warmed whey
25g honey
3g dried yeast
200g strong white flour
50g wholemeal bread flour
25g butter at room temperature
5g salt
Optionally 100g crushed walnuts.*



Method – preparation 30 minutes, baking 50 minutes

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** and the remaining the **flour** in a bowl large enough to allow the dough to double in size then rub in the **butter**.

Now mix the risen yeast into the flour and butter until all the flour has been moistened. Knead the dough for around 10 minutes, add the walnuts and knead to distribute them then leave covered in a bowl for 1 hour.

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 40 minutes.

Turn the oven on early enough to be at 220°C by the time the cob has proved. Turn the loaf carefully onto a floured baking tray, dredge with flour or polenta 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.