



LEMON BREAD

Ingredients to make two small loaves approx 6" x 4"

*160g warm milk
160g warm water
5g dried yeast or 10g fresh yeast
5g muscovado sugar*

*300g strong white flour or all spelt
200g white spelt flour
10g olive oil
8g salt
zest of one lemon, preferably unwaxed
15g lemon juice*

Method

Mix the **warm milk** and **warm water** in a jug
Stir in the **yeast** and **sugar** until they are dissolved.
Mix the **spelt flour**, **strong white flour**, **salt** and **lemon zest** in a large bowl.
Mix in the liquid, including the **lemon juice** and **olive oil** until you have a sticky dough.

Knead the dough energetically for roughly 10 minutes until it is smooth and springy.
Put the dough in a lightly oiled bowl, covered with a cloth, in a warm place for 1 hr.
Knock it back, i.e. gently punch all the gas out of it, then rest it for 10 minutes.

Shape by tucking the edges into the centre, then roll & square off to fit in the oiled bread tin. As a guideline, the dough should fill the tin half to two thirds full.

Dust loaf liberally with flour then let it prove in the tin for approximately one hour before baking as below. Alternatively prove the bread in the fridge at around 4°C overnight. In the morning put the loaf in a warm place for 20 minutes while the oven warms up, bake as below and hey presto, fresh lemon bread for breakfast!

Bake at 190°C for 45 minutes until the loaf is a light tan colour.
Cool on a wire rack covered with a cloth for a few minutes then serve warm.
Also note that I would never make just one! Double up the quantities and double the pleasure.

Serving

Top it with with steamed spinnach, a knob of butter and a poached egg. The bread does not freeze well so use it the same day. In our household this has not been a problem.