



LEMON BREAD

Ingredients to make a 500g loaf

*80g warm milk
80g warm water
3g dried yeast
3g honey*

*150g strong white flour
100g white spelt flour if you can find it otherwise substitute strong white.
5g olive oil
4g salt
zest of one lemon, preferably unwaxed
8g lemon juice*



Method

Mix the **warm milk**, **warm water**, **lemon juice**, **yeast** and **honey** in a 2 litre bowl and stir until the honey and yeast are dissolved. Add the **flour**, **salt** and **lemon zest** then mix until you have a sticky dough.

Knead the dough briefly, add the **olive oil** then knead energetically for roughly 10 minutes until it is smooth and springy. Put the dough in a bowl, covered with a cloth, in a warm place for **1 hour**.

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 tin. Alternatively make two balls and drop them gently side by side into the tin with a little flour between them. As a guideline, the dough should fill the tin half to two thirds full.

Dust loaf with flour (optional) then let it prove in the tin for 20 minutes before baking as below.

Bake at **190°C for 45 minutes** until the loaf is a light tan colour. You can paint the top with olive or walnut oil immediately the loaf comes out of the oven to give it a nice sheen. Cool on a wire rack covered with a cloth for a few minutes then serve warm.

I would never make just one.

Serving

Top it with with steamed spinach, 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.