



MILK LOAF

Ingredients to make one small loaf in a 1lb tin

*170g warm whole milk
3g dried yeast
20g syrup*

*125g strong white flour
125g white spelt flour
(or use all strong white if spelt isn't available)
4g salt
12g melted unsalted butter*

Method

Stir the **yeast** and **syrup** into the **warm milk** until they are dissolved.

Mix the **spelt flour**, **strong white flour**, **salt** in a large bowl.

Mix in the liquid until you have a sticky dough then add the **melted butter** and mix it in.

Knead the dough energetically for roughly 10 minutes until it is smooth and springy.

Clean all the dough out of the bowl, then put the dough back in, covered with a cloth, in a warm place for one hour.

Knock it back, i.e. gently punch all the gas out of it, then rest it for 10 minutes.

Cut the dough into two equal pieces. As a guideline, the dough should fill the tin half to two thirds full.

Shape by tucking the edges into the centre, then roll each into a ball. Drop two balls gently side by side into the oiled bread tin.

Dust the loaf liberally with flour then let it prove in the tins 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 for breakfast.

Bake at 210°C for 10 minutes then reduce the heat to 180 for the remaining 30 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.

Serving

This bread has a lovely buttery taste, and toasts to a perfect golden brown.