



BLOOMER

Ingredients to make one bloomer

500g strong white flour

50g coarse wholemeal

5g dried yeast

8g salt

320g warm water

40g olive oil

*Try making an overnight sponge with just 200g of the strong white flour, 220g cool water and 2g yeast. Mix this together, cover and leave at room temp overnight. In the morning add the **remainder** of the flour, water, salt, oil but no more yeast. This technique improves the flavour.*

Method

Mix the **strong white flour, salt, yeast** and **water** in a large bowl.

Knead the dough until the gluten begins to develop then add the **olive oil** and knead energetically for roughly 10 minutes until it is smooth and springy. If you are using butter in place of the oil, rub it into the flour before adding the yeasty liquid.

Clean the bowl, moisten it then put the dough back in, covered with clingfilm, in a warmish place. 1 hour at 27°C or 2 hours at 20°C (better flavour).

Tip the dough out onto a well floured surface then knock it back, that is get all the gas out of it by pressing it all over with your knuckles. Gather the dough into a rectangle. Fold in the corners, fold in the new corners then fold in half. Now roll it back and forward a few times. Turn the dough over so that the seam is underneath. Now tuck in the ends and sides using the edge of your hands to get the bloomer shape. Transfer the shaped dough to a floured tray. Put the tray in a plastic bag and give a quick spray of moisture to stop the dough from drying out as it proves. Let it prove for about 1 hour.

Spray the loaf lightly with water then dust it liberally with white flour. With your sharpest knife make the traditional three diagonal slashes on the top.

Bake at 220°C for 25 minutes then at 200°C for 15 minutes. You may need to turn the loaf after 20 mins.