

SKILL LEVEL



PREP

30
MINS

PROVE TIME

90-135
MINS

BAKE TIME

35-45
MINS

MAKES

1

IN THE KIT

- Bag 1:** 200g strong white flour
- Bag 2:** 200g strong white flour
- Bag 3:** 150g wholemeal rye flour
- Bag 4:** 10g dark brown sugar, 10g salt
- Bag 5:** 2 tsp yeast
- Flour for dusting:** 50g strong white flour
- 1 x A4 baking paper**

YOU WILL NEED

Oil for greasing
200ml milk
150ml water

1 x baking tray

STORAGE

Once cooled, store in an airtight container in a cool, dry place. Alternatively, store in the freezer for up to 3 months.

INGREDIENTS

Strong white bread flour (**wheat** flour, calcium, niacin, iron, thiamin), wholemeal **rye** flour (**wheat**), dark brown sugar (sugar, cane molasses), salt (salt, anti-caking agent (sodium ferrocyanide)), yeast (yeast, emulsifier (sorbitan monostearate)).

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1390kJ/332kcal
Fat	1.6g
of which saturates	0.1g
Carbohydrate	67g
of which sugars	3g
Protein	13g
Salt	1.6g

Allergens:

For allergens see ingredients in **bold**.
May contain: **milk, soya & tree nuts**.

Best before:

See sticker.

Suitable for vegetarians.

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600g

BAKED
IN

Swiss Farmer's Bread



Bread
Baking
Club

SWISS FARMER'S BREAD



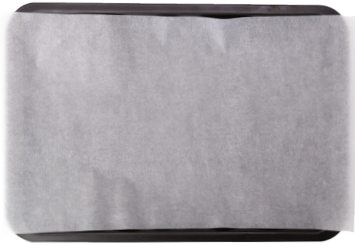
1. Lightly grease a large bowl with oil and leave to one side. In a clean large bowl (not the greased bowl), mix together the strong white flour (**bag 1** and **bag 2**), wholemeal rye flour (**bag 3**), dark brown sugar and salt (**bag 4**), and yeast (**bag 5**).

2. Gently warm 200ml of milk and 150ml of water together until lukewarm (if you have a thermometer this is about 40°C). If it's too warm, the dough will not rise.



3. Gradually add the milk and water to the dry ingredients, and mix with your hand or a wooden spoon until a ball of slightly sticky dough has formed. You may not need all the liquid, however if the dough is too dry, add water 1 tsp (5ml) at a time.

4. Lightly dust a surface using some **flour for dusting**, reserving at least 1 tsp for later. Tip the dough out onto the floured surface, and knead for 8-10 minutes or until the dough is smooth and elastic. Put the dough in the greased bowl from **step 1** and cover loosely with cling film or a damp tea towel. Leave to prove in a warm place for 60-90 minutes or until doubled in size.



5. Line a baking tray with the provided baking paper and leave to one side. Once proved, tip the dough out onto a clean surface and knead for a few seconds to knock the air out.



6. Pull the edges of the dough out and pinch into the middle. Turn the dough over so the seams are on the bottom and using the sides of your hands, shape the dough into a tight ball, making sure the top is smooth.



7. Move the dough to the prepared baking tray, cover with cling film or a damp tea towel and leave to prove in a warm place for a further 30-45 minutes or until doubled in size. Preheat the oven to 180°C/160°C Fan/Gas Mark 4.



8. Lightly dust the top of the bread with the reserved **flour for dusting**. Using a very sharp knife, lightly score the top of the loaf with vertical lines, ½cm deep, and 2cm apart. Then, repeat with horizontal lines to create a criss-cross pattern. Bake for 35-45 minutes, or until the loaf is lightly browned and the base sounds hollow when tapped. Leave to cool slightly before slicing.



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