

MAKE IT OR BAKE IT
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Bake your own bread

Simpler the food, happier the tummy; you can be happy with simple food only if the item is freshly cooked or freshly baked!

Just think about the aroma of fresh baking all over your living room in the morning while you are getting charged with your first cup of caffeine. And what is a morning without fresh breads? The thick crust outside and a soft pillow-like inside of freshly baked bread is like a heavenly manna. With bread that good you don't need much to make a good meal, no oozing mayonnaise, no sugar-filled sauces, no fat or calorie loaded condiments will be needed;

prove for a further hour until doubled in size.

Heat oven to 220C/fan 200C/gas 7. Sprinkle some more seeds and cut a cross

Heat oven to 220C/fan 200C/gas 7. Cut a cross with a sharp knife. Sprinkle rest of the parmesan

just a thin spread of cream cheese or home-made mustard paste, a drizzle of olive oil, touch of a little butter will make your bread taste good.

The joy of making your own bread is just overwhelming. The best part is you can have the left over bread the day after. These easy recipe breads are great to make take-away lunch too.

FLUX SEE-YOGHURT BREAD

Ingredients:

2 cups white flour
1 cup yoghurt (sour curd)
1 tsp sea salt
½ cup flux seed
1 tbsp instant yeast
Water as needed

Method:

Mix the flour, salt, flux seed and dried instant yeast in a large bowl. Make a well at the centre, then add yoghurt, mix well. If the dough seems a little stiff, add 1-2 tbsp water, mix well then tip onto a lightly floured work surface and knead. Once the dough is satin-smooth, place it in a bowl; same bowl can be used. Cover and leave to rise for 1 hour or until doubled in size.

Line a baking tray with baking parchment or sprinkle the tray with some flour. Knock back the dough, then gently mould the dough into a ball. Place it on the bed of sprinkled flour or baking parchment to

or any geometrical form you like, with a sharp knife. You can also snip the top of the bread with scissors.

Bake for 20-25 minutes until golden brown and the bun sounds hollow when tapped underneath. You can also insert a knife into the loaf and check whether it comes out clean or not. When you are done baking, cool on a wire rack and serve.

PIZZA-DOUGH BREAD

Ingredients:

2 cups white flour



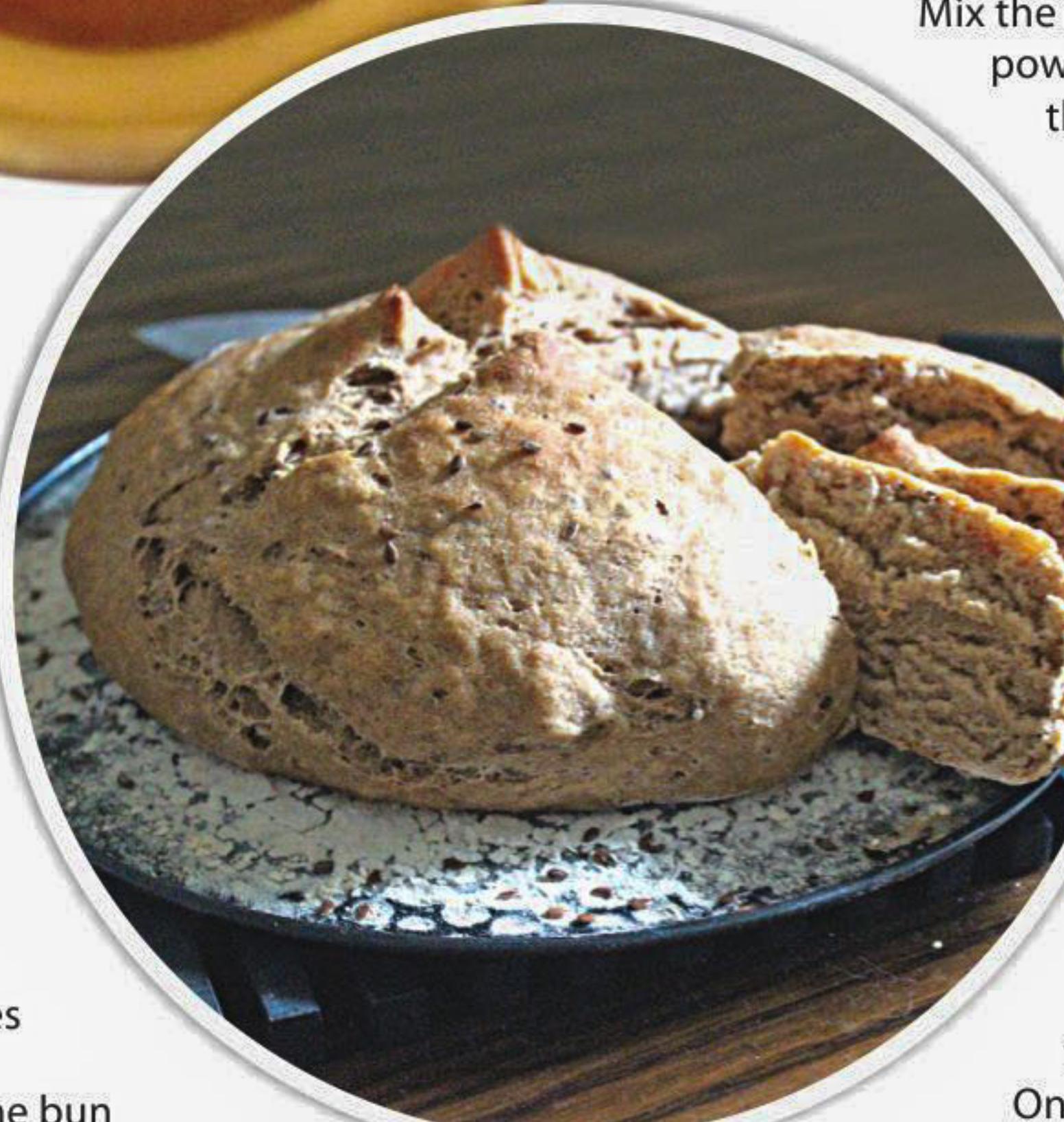
1 tsp salt
1 tsp oregano
1 cup powder milk
6 tbsp parmesan cheese
1 tbsp instant yeast
2 tbsp olive oil
Water as needed

Process:

Mix the flour, salt, oregano, powdered milk, half of the parmesan cheese and dried instant yeast in a large bowl. Make a well at the centre, add water and olive oil, mix well. If the dough seems a little stiff, add additional 1-2 tbsp water, mix well then tip onto a lightly floured work surface and knead.

Once the dough is satin-smooth, place it in a bowl (same bowl can be used). Cover and leave to rise for 1 hour until doubled in size.

Line a baking tray with baking parchment. Knock back the dough, gently mould the dough into a ball. Place it on baking parchment to prove for a further hour until doubled in size.



cheese. You can add cheddar on the top if you want the bread to be cheesy. Bake for 20-25 minutes until light golden and the bun sounds hollow when tapped underneath.

You can also insert a knife into the bun and check whether it comes out clean or not. When you are done baking, cool on a wire rack before serving.

BROWN BREAD

Ingredients:

2 cups brown atta
½ cup powder milk
1 tsp sea salt
1 tbsp brown sugar
1 tbsp instant yeast
Water as needed
1 tbsp olive oil

Process:

Mix the atta, crushed sea salt, brown sugar, powder milk and yeast in a large bowl. Make a well at the centre, then add the oil and water, and mix well. If the dough seems a little stiff, add 1-2 tbsp water, mix well then tip onto a lightly floured work surface and knead. Once the dough is smooth, place it in a bowl (the same bowl can be used). Cover and leave to rise for 1 hour or until doubled in size.

Line a baking tray with baking parchment. Knock back the dough, and gently mould the dough into a ball. You can also make a loaf instead of a bun. Roll it flat with a rolling pin, twist it flat dough and tuck in the edges like a burrito.

Place it on the baking parchment to prove for a further hour until doubled in size.

Heat oven to 220C/fan 200C/gas 7. Dust the loaf with some more atta and cut a cross or three or four diagonal lines into the top of the loaf with a sharp knife. Bake for 25-30 minutes until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.

Time saver's guide:

The dough's first rising can be done in the fridge overnight. This slows down the time to rise to double in size, but gives you a deeper flavour. More importantly, more than an hour will be saved each time you make bread.

Photo: Sharmin Rahman