



17th Century Bread Recipe

Ingredients

- 1 cup cornflour
- 1 ½ cups white flour
- 1 tbsp sugar
- 1 cup white whole-wheat flour
- 1 tbsp dry active yeast
- 1 tsp salt
- ½ cup rye flour
- 2 cups warm water
- 1 tbsp vegetable oil

Method

1. Stir the sugar into the water and sprinkle in the yeast.
2. Let the mixture stand until the yeast bubbles to the surface. Then, stir in the white flour and ½ of the whole-wheat flour. Mix well.
3. Cover the batter with baking paper and a towel. Let it sit until it is bubbly, which usually takes about 30 minutes to 1 hour.
4. Stir the batter, then add the salt, rye flour and cornflour.
5. Turn the dough out onto a floured surface.
6. Knead the wheat-flour into the dough, sprinkling with more white flour if the dough is still too sticky.
7. Knead until the dough is firm but springy.
8. Grease a clean bowl with vegetable oil and roll the dough around this, to coat it completely with the oil.
9. Cover the bowl with baking paper and a towel, and leave it to rise until it is double in size. This might take about 1 hour.
10. Preheat oven to 190°C (375°F) then take the dough out of the bowl and divide in two.
11. Knead it into two round loaves. With a sharp knife, cut a line along the top of each loaf and prick the top.
12. Set the loaves on a lightly floured baking sheet. The dough will not need to rise again when baking.
13. Bake for 45 minutes, or until a tap on the bottom of the loaf produces a hollow sound, then leave the loaves on racks to cool.