

Marcus Bean's White Bread

Ingredients

250g strong white flour
150ml water
1 tsp salt
5g fresh yeast (or 2.5g dried yeast)

Method

- Weigh flour into bowl, add salt and work in until salt disappears
- Measure your water, add your yeast to the water and stir until dissolved
- Add yeast liquid to your flour and begin to work the two together, gently introduce the flour and water to each other as we begin to develop our dough (the dough needs to be soft and tacky before we empty it out on the table for kneading, so keep working in the bowl until its ready)
- Once on the surface, knead for 3-4 minutes, then rest for 10 minutes. Cover the dough, repeat again to help to develop the dough. Once the dough is smooth & clear of any flour, rest for a minimum of 1 hour in a bowl making sure it's covered with cling film
- Preheat your oven to 200c Fan or gas mark 6
- Once rested, turn out on the surface and shape into rolls, place on a greased or floured baking tray and leave to prove for 15 minutes before baking for 20 minutes in the oven until cooked.