

Cider Bread

Ingredients

For the sponge starter

- 100gms Strong white bread flour
- 60gms Water at room temperature
- 2gms Fresh yeast

For the dough

- The sponge mixture
- 350gms Strong white bread flour

- 150gms Wholemeal flour
- 50gms Honey
- 100gms Water at room temperature
- 200gms Cider
- 10gms Fresh yeast
- 10gms Salt



Method

For the sponge starter

1. Mix the flour, water and yeast thoroughly. Cover and leave on the side for at least 12 hours, preferably 18-24 hours

For the Dough

1. Combine the sponge and the other ingredients, remembering to initially place the yeast and salt on opposite sides of the bowl.
2. Form into a dough and turn onto a work surface or place in a mixer bowl.
3. Knead for 10 minutes (7 in a mixer – mid speed) until the dough becomes smooth and elastic.
4. Lightly oil the bowl and place the dough into this. Cover with a tea towel or cling-film and leave to prove for 1-1½ hours, until at least doubled in size.
5. Place on a lightly floured surface and knock back then shape into a bloomer* then place it on a floured tray and cover with greaseproof paper or place in a clean plastic bag, to stop it drying out.
6. Pre-heat the oven to 220°C (200°C Fan)/Gas 7.
7. After 1 - 1½ hours it should have doubled in size and be ready for the oven
8. Cut a leaf pattern or 4 bloomer angled slashes and place into the oven for 35-40 minutes until golden in colour.
9. Cool for 30 minutes before eating.