

Milk Loaf

Ingredients

- 500gms Strong white bread flour, plus extra for dusting
- 10gms Salt
- 25gms Caster sugar
- 10gms Instant yeast
- 30gms Unsalted butter, softened
- 320ml Full-fat milk, warm
- Olive oil for kneading



Method

1. Tip the flour, salt, sugar and yeast into a large mixing bowl, remembering to put the yeast on the opposite side to all other ingredients.
2. Add the butter and $\frac{3}{4}$ of the milk. Turn the mixer, with dough hook, onto minimum and then add the remaining milk a little at a time until all the flour has been picked up from the sides of the bowl. Use the mixture to clean the inside of the bowl and turn the mixer to approx. speed 3 for 5-7 minutes.
3. Coat your work surface with a little olive oil, tip the dough onto it and then give the dough a few stretching kneads (allows more air into the dough).
4. Lightly oil the bowl and put the dough into the bottom then cover with a tea towel and leave to rise until the dough has at least doubled in size - for at least 1 hour.
5. Lightly oil a 1kg (2lb) bread tin.
6. Tip the dough from the bowl onto the lightly floured work surface. Fold it inwards repeatedly until all the air has been knocked out and the dough is smooth. Then, form it into an oblong and fold the sides into the middle. Roll it up so that the top is smooth and the join is running along the base of the loaf.
7. Put it into the prepared tin, making sure the join is underneath, dust the top with flour and slash the top lengthways with a sharp knife or other implement.**
8. Put the tin inside a clean plastic bag and leave to prove for about 1 hour, until the dough has at least doubled in size and springs back when prodded gently with a finger. Meanwhile heat the oven to 210°C (190°C Fan).
9. Bake in the centre of the oven for 25 minutes or until the bread sounds hollow when tapped on the base. Place it on a wire rack and leave it to cool.

** Rather than use the tin it can be shaped into a bloomer, cob, or:
Divide the dough into 3 equal pieces and roll each into a sausage shape, at least 25cm (10in) long. Join them together at one end and slightly fan them out. Start with the outer right piece and lift it over the middle, then lift the piece on the left over the middle. Repeat this sequence until you reach the end then tuck the ends underneath. Lift the plait onto a baking tray lined with baking parchment then prove and bake as above.