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There is something magical about making your own bread. For a super treat pop bread in the oven before having breakfast. The aroma of fresh baked bread will fill the air. And transform your start.

Daily Bread

500g all-purpose flour

1-ounce butter or margarine

1 1/4 tsp salt

1 1/2 tsp fast action yeast

10-ounce warm water

In a large bowl, mix together flour and salt, rub in the butter or margarine. Then stir in the yeast. Slowly add in the water to make a soft dough with your hands.

Knead the dough for about 5 minutes in an electric food mixer, or knead by hand for about 10 minutes on a floured work surface. Shape dough and then place in a grease baking pan or dish. To make individual buns divide dough in 6 balls. Flatten the dough in a 3.5-inch diameter circle about 3/8 thick. Cover with a clean damp tea towel, and let rise until about double in size. About 1 1/2 hours.

For one single loaf, uncover and bake in a preheated oven of 450F/230C/ for about 30 to 35 minutes. For the individual buns uncover and bake in a preheated oven of 350F/180C for 12 minutes. Remove from oven to see if done. If needed turn pan around in oven and bake a few minutes more.

Take the bread(s) out of the baking pan and let it cool on a rack.

Nutritional Content Information

Servings 10

Calories 204

Protein 22

Carbs 156

Fat 25

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