

## English Crusty Wholemeal Bread

500g strong wholewheat bread flour  
7g sachet fast-action dried yeast  
1 teaspoon salt  
2 tablespoons olive oil  
1 tablespoon clear honey

Tip the flour, yeast and salt into a large bowl and mix together with your hands. Stir 300ml hand-hot water with the oil and honey, then stir into the dry ingredients to make a soft dough. Turn the dough out onto a lightly floured surface and knead for 5 minutes, until the dough no longer feels sticky, sprinkling with a little more flour if you need it. Oil a 900g loaf tin and put the dough in the tin, pressing it in evenly. Put in a warm place covered with a tea towel and leave to rise for 1 hr, until the dough has risen to fill the tin. Heat oven to 200C. Make several slashes across the top of the loaf with a sharp knife, then bake for 30-35 minutes until the loaf is risen and golden. Tip it out onto a cooling rack and tap the base of the bread to check it is cooked. It should sound hollow. Leave to cool.

