

# BREAD DOUGH



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**Preparation :** 10 min - **Resting :** 3 hr - **Cooking :** 25 min - **Equipment :** -

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**Ingredients :** 1 bread

- 250 g strong white bread flour - 5 g fresh yeast - 160 ml water - 5 g salt

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1. Stir the yeast into the water with a fork until it dissolves. Allow to rest for 1 minute.
2. Put the flour, salt and yeast liquid in the main bowl fitted with the dough blade.
3. Process for 1 minute or until the dough forms a ball.
4. With floured hands, take the dough out of the bowl, roll it into a ball and place it in a large mixing bowl. Cover with cling film or a damp cloth. Allow to rise for approx 2 hours.
5. Take the dough out of the bowl with floured hands and place it on a floured worktop. Flatten it gently with the heel of your hand. fold the two sides into the middle, and turn it over.
6. Transfer the dough to a baking tray lined with baking parchment. Cover with a damp cloth and prove for 1 hour.
7. 20 minutes before the end of the proving time, fill the dripping pan in the oven with water. Preheat your oven to 220 °C (gas mark 7).
8. Dust the loaf lightly with flour and cut a deep cross in it with the wet blade of a sharp knife.
9. Bake for approx. 25 minutes or until golden.

10. To check that it is done, turn it over and give it a sharp knock. It should sound hollow. Allow to cool on a wire tray.

**Chef's tip :**

Never allow yeast to come into direct contact with salt. You can double the amounts with the CS4200, 5200 and Pâtissier models.

Patissier Multifunction ■

Compact 3200 XL ■

CS 4200 XL ■

CS 5200 XL ■