



FWP MATTHEWS LTD
THE COTSWOLD FLOUR MILLERS
est 1912

COTSWOLD EIGHT GRAIN

RECIPE (Makes 2 small or 1 large loaves)

Ingredients:

Flour	700g
Salt	15g
Fat or Olive Oil	25g
Fresh Yeast or a packet of Dried Yeast	15g
Water	430 ml

Method:

1. Place the dry ingredients & fat in a mixing bowl fitted with a dough hook.
2. Dissolve the yeast in the water and add to bowl. Mix for 8 -10 minutes on a slow speed.
3. Cover and rest for 30 - 40 minutes.
4. Knock back the risen dough and mould to the required shape.
5. Prove in a warm place until loaves double in size (approx 1 hour).
6. Bake at 220°C for 30 – 40 minutes depending on the size of loaf.

