

ACTIVITY TIME!

I have been busy talking to the Principality Stadium Chef and finding some more recipes for you to try at home!

We decided that bread would be a good one, so here's a good beginner loaf for you to try! Just remember you will need adult supervision

INSTRUCTIONS:

Keep this the other side of the yeast or it will kill it.

1. Mix roughly together with a spoon then leave to sit for 30 mins covered in a bowl. (Keep the yeast and salt separate to start with as the salt will affect the yeast)
2. After that kneed for 10mins
3. Drizzle some olive oil over it and leave to proof until double in size.
4. We call the next bit knocking back ; kneed it again for 1 minute then shape into whatever Tin or tray you will use, cover again and leave to rise double size again.
5. Bake at 190 degrees for 40 mins.
6. To check if it's cooked through turn the loaf over and flick the underside if it's like a hollow drum it is cooked. Leave to cool

Serving Suggestion:

Our chefs favourite way of enjoying the bread is to spread with salted butter!

TIPS:

You can make our bread round or rectangle depending on which tray or tin you decide to bake it in.

Ingredients:

- 500g strong flour
- 350g water
- 7g of dry yeast (Normally in a sachet)
- 8g of salt

