

Bread Twist

Prep: approx 1 hour **Cook:** 15-20mins **Makes:** 1 x loaf (6 chunky slices) or 6 individual twists

Ingredients

- 225g strong plain white (breadmaking) flour
- 1 x 7g sachet easy blend micro-fine dried yeast
- 50g cheese (optional)
- 160ml lukewarm water
- 1tbsp olive oil
- A little extra flour for dredging

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Method

1. Put the flour and yeast in the mixing bowl. Add the cheese if using.
2. Combine the warm water with the oil and stir into the ingredients in the mixing bowl to make a soft, but not wet dough. You may need to add more, or less, water so assess as you go along.
3. Turn the dough onto a floured work surface and knead thoroughly until it is smooth and springy. Flour the surface to prevent the dough from sticking.
4. To shape the dough into a plaited loaf:
 - a. Divide into 3 even sized pieces.
 - b. Roll each piece of dough into a long thin rope (approx.. 23cm long). Line each piece of dough up next to each other and pinch them together at one end.
 - c. Starting from the right, lift the first rope over the second rope and third over the second. Repeat, continuing until plaited.
5. Place the loaf on a baking tray, cover it with a damp tea-towel and set aside in a warm place to rise to approximately twice its size.
6. Heat the oven 200°C/Gas 6. Cook the loaf for 20 minutes until golden-brown.