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| Bread Making New Forest |

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| Milk Loaf made with Fresh Yeast |

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| **Normally on my courses, I make reference to the fact that, in my opinion, dried yeast is just as good as fresh yeast, this is an exception!!!!For as much as the kind of flour you use affects the flavour of your bread, so too does the kind of yeast that you use in this particular recipe.For this simple milk loaf, it has to be fresh yeast, I have tested both and there IS a difference!. This loaf is pure comfort. It’s the very best kind of bread that when toasted, it fills the house with a buttery toast smell that says eat me with something simple like boiled egg soldiers!!*Fresh Yeast is available on Amazon and eBay also some good artisan bakeries may just give you some :-)*Ingredients*** [15g fresh yeast](https://www.bakerybits.co.uk/bioreal-reg-organic-fresh-yeast.html)
* 160ml whole milk
* 150ml water (28 degrees)
* [500g “00” strong flour](https://www.bakerybits.co.uk/organic-00-soffiata-flour.html)
* [10g Cornish sea salt](https://www.bakerybits.co.uk/bakery-ingredients/cornish-sea-salt.html)
* 50g British unsalted butter
* ½ teaspoon grated nutmeg
* extra flour for dusting

**MethodMix Mix the yeast with the milk and water to get a creamy liquid. Put the flour and the salt in a bowl and rub in the butter and nutmeg. Stir in the yeast liquid and mix get a soft dough. Cover and leave for 10 minutes.Knead Once rested turn on to a lightly floured work surface and knead until the dough is smooth and elastic. This takes about 10 minutes. Put in a clean bowl and cover with a clean damp tea towel.Rest Stand in a warm place for about an hour to rise.Knead Preheat your oven to 220C/425F/Gas 7. Lightly oil a**[900g/2lb “farmhouse” bread tin](https://www.bakerybits.co.uk/traditional-2lb-or-900g-loaf-tin-non-stick.html)**. Turn out your dough on to a lightly dusted work surface again and knead for a further 5 minutes. Shape into a loaf shape with the seam side down and pop it into the tin.Rest Cover with a clean damp tea towel again and allow to rise again. This takes about 30 minutes to an hour depending on the room temperature.Bake Bake until golden and risen, about 30-40 minutes. The loaf is cooked when it’s risen and golden. To check, take it out of the oven and tap it gently underneath – it should sound hollow. Turn onto a wire rack to cool.** |

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