

Make your own bread!

Bread or sandwiches make up an important part of any British Picnic – try making your own bread to enjoy at your picnic.



Find a video of making bread to this recipe [here](#)

1. Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large [bowl](#).
2. Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
3. Tip onto a lightly floured work surface and knead for around 10 mins.
4. Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size or place in the fridge overnight.
5. Line a [baking tray](#) with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.
6. Place it on the baking parchment to prove for a further hour until doubled in size.
7. Heat oven to 220C/fan 200C/gas 7.
8. Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a [sharp knife](#).
9. Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a [wire rack](#).

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- Use your fine and gross motor skills to knead and knock the air out of your bread after it has proved. Can you poke, pinch, slap and twist?
 - Be careful when using knives and the oven – please make sure an adult is supervising!
 - As the bread cooks in the oven, you will be able to smell it. You might feel hungry and your adult might want to talk with you about how this feels in your body (empty or heavy in your tummy, saliva in your mouth etc).