

Grant Loaf

adapted by Catherine Booth from the recipe devised by Doris Grant for her book, 'Your daily bread' (1944)

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Ingredients:

450g strong wholemeal flour
350ml hand-hot water
2 teaspoons honey
1 teaspoon salt
7 g dried yeast

2 lb loaf tin, greased

Method:

1. Start by putting flour in a bowl, and placing that in a just-warm oven for 10-15 minutes
2. When flour is warm, set aside while you pour water and honey into another bowl
3. Add flour to water (not the other way round, as it is harder to mix), then place salt on top on one side of flour, and yeast on the other
4. Mix all together with spatula, and keep mixing until ingredients have combined into a ball of dough, and inside of bowl is clean
5. Tip dough onto floured surface, and pat it flat - don't knead it
6. Fold dough into 3, and shape it so that you can fit it nicely into greased loaf tin
7. Put tin with dough into slightly greased plastic bag, with plenty room around tin, and clip it shut with clothes peg or similar
8. Leave dough to rise at room temperature until it doubles in size. This could take 1-3 hours depending on temperature of room
9. Turn on oven to 200 degrees, or 190 degrees for fan oven, or gas no. 6
10. Before putting loaf into oven, put some water into another baking tin, and set that on bottom shelf of oven, to create steam
11. When oven is at correct temperature, remove plastic bag, and put tin with loaf in middle of oven
12. Bake for about 35 minutes
13. Remove from oven, and tip out loaf on to cooling tray. It should come out easily, and when you tap bottom of loaf, it should sound hollow
14. Wait until it has cooled a little before cutting. The finished loaf will be denser than white bread, but tasty. If it cannot all be eaten in a day or so, freeze what is left, and use for toast

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