

Bread Head Recipes!

Harvest Bread recipe (No Yeast)

Ingredients

- 500g Strong white flour
- 1 tsp sugar
- ½ tsp salt
- 300ml tepid water
- 1 egg
- water, for brushing

1. Pre-heat the oven.
2. Line a large baking tray with a baking liner or parchment paper.
3. Put the flour, sugar and salt into a large bowl and blend them together.
4. Stir in the water.
5. Using your hands, gather everything together into a doughy mass.
6. Knead the dough until it feels smooth and pliable.
7. Work with the dough to create your 'Bread Head'!
8. Beat the egg well and brush it all over the dough.
9. Bake immediately for 25-30 minutes.

Preserving the 'Bread Head'

After the initial bake lower the oven temperature to 140°C, Fan 120°C, 275°F, and bake for a further 3-5 hours. When quite cold you could brush the 'bread head' with varnish.

Equipment

large baking tray and mixing bowl

Temperature

200°C, Fan 180°C, 400°F, Gas 6

Salt dough recipe

Makes 1 ball

Prep 10 minutes

Cook 3 hours

1 cupful of plain flour (about 250g)

half a cupful of table salt (about 125g)

half a cupful of water (about 125ml)

Mix the dough (add flour if too sticky) and shape!

Bake in Oven on lowest temperature for 3 hours.

Can be painted and varnished once baked and cooled.