

Vitamin C

Ingredients: Vitamin C.
Produce of more than one country.

Storage instructions:
Store in a cool dry place.

Best before: See top of pack

Packaging material:
PET tube & film, LDPE lid

**Permitted non-agricultural
ingredient:** Under organic
standards

CLASSIC WHITE BREAD OR BAGUETTE STICK RECIPE

Oven 220°C/Fan 200°C/425°F/Gas 7

150g Strong White Flour

½tsp Salt

1tsp Quick Yeast

250ml Luke Warm Water

300g Plain White Flour

1tsp Sugar

½tsp Vitamin C

2tbsp Rice Flour

Bread/Baguette Tin or Tea Towels & Oven Tray

1. Mix together the strong flour, salt and yeast.
2. Stir in the water then cover with a damp tea towel & leave overnight.
3. Work in the plain flour, sugar and vitamin C.
4. Knead well then cover again until double in size.
5. Oil a bread/baguette tin or make a 45cm/15" pleat in tea towels dusted with rice flour.
6. Knead the dough vigorously then divide into 2 pieces.
7. Roll each piece of dough to fit the tins or tea towel pleats.
8. Leave to rise in a warm place for 40/45 minutes.
9. Meanwhile place a bowl of water in the bottom of the oven.
10. If risen in tea towels gently roll dough onto an oiled baking tray.
11. Bake in the steamy pre heated oven for 25/35 minutes.

HIGH RISE WHOLEMEAL RECIPE

Follow your usual wholemeal bread recipe mixing a teaspoon of vitamin C into the flour before you start to make bread. Alternatively add a teaspoon of vitamin C with the flour when using your bread machine.



120g e

