

# From my Oven

A step-by-step guide to successful baking



Photography Neil Corder

*Fay Lewi*

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This book is dedicated to the special girls in my life, my daughters Tamara, Marissa and Carmen, and to my husband Leon, without whom I wouldn't have such talented daughters.





# From my Oven

*Fay Lewis*

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Food and décor styling by Lisa Clark











loaf tins



cutters



French flan, sifter



mixing bowl, balloon whisk



food mixer



wire rack, madeleine, tube tin



Bundt tins, swiss roll tin



scale, baking beans



square tin, springform tin



tart tin, round cake tin



grater



piping bag and nozzles



wooden spoon,  
rolling pin, pastry brush



food processor



metal spoon, spatula, palette knife



baking tray, giant muffin tin



measuring cups and spoons



rectangular and brioche tins



**Step-by-step to lining a deep square tin with baking paper**

**1**

**2**

**4**

**3**

**Lining round tins with baking paper**

Place the tin on a square of baking paper, draw around it using a sharp knife and cut out as marked. Place in the base of the tin. Cut a strip of baking paper the same depth as the side of the tin and long enough to cover the inside. Position the strip around the inside of the tin.

Step-by-step to lining a French flan tin with pastry



1

5

2

6

3

7

4



Step-by-step to baking blind



1

2

3

4

5

6





# *On the* Rise

*These crusty creations will keep you satisfied throughout the day.*



## *Working with Yeast*

### Tips for Yeast Baking

- **Fresh yeast** becomes active in the presence of moisture (lukewarm water), food (sugar) and warmth. Once the yeast is active, carbon dioxide is produced and acts as the raising agent. When the fresh yeast becomes active add it to the dry ingredients and the remaining liquid, and mix until a soft but not sticky dough is formed. If the dough is too sticky, add a little extra flour.
- **Instant dry yeast** needs no hydration and is mixed directly into the dry ingredients. The liquid is added to form a dough.
- Never cut short the **kneading** time, as it will affect the texture of the bread. Kneading is essential to distribute the yeast and to develop the gluten in the flour. Knead for at least 10 minutes by hand or for 5 minutes if using a food mixer fitted with the dough hook.
- Once the dough has been kneaded, set aside in a large bowl covered with clingfilm and leave in a warm place to **rise** until doubled in size. Fresh yeast will take about 45 minutes while instant dry yeast will take 20–25 minutes to activate.
- Once the dough has risen, **knock down** the dough to release all the carbon dioxide produced by the yeast. For a finer texture leave the dough to rise for a second time and then knock down again.
- **Shape** the dough as per the recipe instruction, cover with clingfilm and set aside at room temperature to **prove** until doubled in size. Proving time takes 20–45 minutes.
- Prepare the dough for **baking** as per the recipe instruction. Once the bread is baked, test for doneness by tapping the base of the bread with the knuckles – the bread must sound hollow – or until a skewer inserted into the centre comes out clean.
- Remove from the oven and leave to **cool** in the tin for 10 minutes. Turn out onto a wire rack to cool.





# Traditional White Bread

Makes 1 loaf

400 ml lukewarm water

1 x 10 g packet instant dry yeast

5 ml sugar

700 g (5 x 250 ml) white bread flour

15 ml salt

25 ml butter or margarine

30 ml water

Preheat the oven to 200 °C.

Coat a 28 x 11 cm loaf tin with cooking spray and set aside.

- 1 Pour the 400 ml water into a bowl, sprinkle the yeast and sugar over and set aside for 10 minutes until frothy.
- 2 Sift the flour and salt into a large mixing bowl.
- 3 Rub in the butter or margarine until the mixture resembles breadcrumbs.
- 4 Make a well in the centre of the mixture and pour in the yeast liquid. Using a wooden spoon, draw the flour into the liquid to form a dough. Mix thoroughly.
- 5 Turn the dough out onto a lightly floured surface and knead for 10 minutes or until the dough is smooth and pliable.
- 6 Shape the dough into a ball, place into a large bowl, cover with clingfilm and set aside in a warm place to rise until the dough has doubled in size.
- 7 Turn the dough out onto a lightly floured surface and punch down to remove any air bubbles.
- 8 Return the dough to the bowl, cover with clingfilm again and set aside in a warm place to rise until doubled in size.

- 9 Shape the dough into the prepared tin, cover with clingfilm and set aside in a warm place to prove.
- 10 Remove the clingfilm and brush the top of the dough with the 30 ml water.
- 11 Bake for 45 minutes or until a skewer inserted into the centre comes out clean and the bread sounds hollow when tapped with the knuckles.
- 12 Remove from the oven and leave to cool in the tin for 10 minutes. Turn out onto a wire rack to cool.

## Handy hint

If the dough is too dry, it can be a problem adding more water at the end of mixing. To avoid this, wet the hands frequently during the first stages of kneading.



# Traditional Brown Bread

**Traditional Brown Bread** is made in exactly the same way as Traditional White Bread.

Simply substitute the 700 g white bread flour with 700 g brown bread flour and add an extra 25 ml butter or margarine.







# French Bread

Makes 2 loaves

900 g cake flour  
20 ml salt  
15 ml sugar  
1 x 10 g packet instant dry yeast  
25 ml butter or margarine  
600 ml lukewarm water  
50 ml water

Preheat the oven to 220 °C.

Coat two baking sheets with cooking spray and set aside.

- 1 Mix the flour, salt and sugar in a large mixing bowl and stir in the yeast.
- 2 Rub in the butter or margarine with the fingertips.
- 3 Add the 600 ml water and mix thoroughly to form a soft dough.
- 4 Knead the dough in the bowl until smooth and pliable.
- 5 Turn the dough out onto a lightly floured surface and knead for 10 minutes or until the dough is smooth and elastic.
- 6 Shape the dough into a ball, place into a large bowl, cover with clingfilm and set aside in a warm place to rise until the dough has doubled in size.
- 7 Turn the dough out onto the lightly floured surface again and punch down to remove any air bubbles.

- 8 Divide the dough into two equal pieces and shape into loaves. Place onto the prepared sheets and make diagonal cuts along the top of each loaf.
- 9 Cover with clingfilm and set aside in a warm place to prove.
- 10 Remove the clingfilm and brush the top of each loaf with the 50 ml water.
- 11 Bake for 25 minutes or until a skewer inserted into the centre comes out clean and the bread sounds hollow when tapped with the knuckles.
- 12 Remove from the oven and leave to cool on the baking sheets for 10 minutes, then place onto a cooling rack to cool.

## Handy hint

To ensure a crisp crust, fill a roasting pan with boiling water and place it on the floor of the oven prior to baking the bread.









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