

Date and Fig Bread

(Autumn Class 141)

400g Wholemeal Flour

100g strong white flour plus extra for dusting

10g salt

20g fresh yeast (or 15g dried yeast)

20g butter, softened

1 tablespoon treacle

300 ml water

75g chopped dates

75g chopped dried figs

Preheat the oven to

220⁰C/425⁰F/gas mark 7

Line a baking tray

Put the flours, salt, yeast, butter, treacle and water into a bowl and mix for 5 minutes.

Tip out onto a lightly floured surface and knead for 5 minutes.

Put the dough back into the bowl and leave for 1 hour.

Incorporate the figs and dates into the dough.

Divide it into 2 pieces and shape into 2 balls

Place on the prepared baking tray and leave for 1 hour.

Dust the loaves with flour and using a knife, make 3 equidistant horizontal cuts all around each ball.

Bake for 30 minutes and transfer to a wire rack to cool.

(Only 1 loaf required for show)