



## Crannach Wholemeal Bread

500g wholemeal flour  
360g water  
8g yeast  
8g salt

Mix yeast with water, add other ingredients and knead for 15-20 minutes.

Cover dough and prove for 1-2 hours until doubled in size. Then knock out all the gas, place all the dough into one large or two small tins. Cover again.

Dough is ready for the oven when, pressed lightly on top, there is a slight, but not strong resistance.

Bake at 210 °C for about 30 minutes.