



Karma
SALFORD HALL
THE VALE OF EVESHAM, UK

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SIMON'S EPI BREAD

Ingredients

500g Strong bread flour
1 packet dried yeast
10g Honey

10g Olive oil
10g Sea salt
320g Water

How to prepare

Prove yeast. In a large mixing bowl, combine water and yeast. Let yeast proof until foamy (10-15 minutes). Prep dough. In the large mixing bowl with proofed yeast, add salt. Then add flour 1/2 cup at a time and mix with a fork until dough forms. Let the dough rest for 20 minutes.

Flour a surface and transfer dough. Knead until dough is smooth (10 minutes). Rub a separate mixing bowl with vegetable oil. Put the dough ball in a mixing bowl, cover with a cloth or plastic wrap in a warm space, and let the dough rise until doubled in size (45 minutes).

Flour a surface and transfer dough. Shape dough into a large rectangle, and then fold in longer sides towards the middle. Then fold shorter sides towards the middle. Place dough back in vegetable oil-rubbed mixing bowl covered in a cloth or plastic wrap and rest (30 minutes).

Preheat the oven to 240°C and place a large glass baking dish filled with water on the lowest rack. Cover a baking sheet with parchment paper and flour.

Flour a surface and cut dough into three pieces (you can eye this or use a scale). Roll each piece into 12" long rolls. Place on flour-dusted parchment paper. Cover and allow the dough to rise until doubled in size (45 minutes).

Cut dough. Using a pair of clean kitchen scissors, cut straight into the dough at a 45 degree angle, almost completely cutting through the dough, and move the dough leaflet to one side. Move 2" up the roll and repeat, placing the dough leaflet on the alternating side. Repeat until 2" from the end of the dough. Bake until browned, about 20-25 minutes and cool completely.

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