**BACK TO BASICS, BREAD MAKING**

With so many people going back to basics, home baking and bread making, we thought we would give a refresher course on flours and bread making tips.

Over the years we have offered bread making classes and talked to many of you about flour options.

Generally, we encourage the use of bread flour because it has more gluten to make it a stronger flour and also added ascorbic acid which is a dough enhancer producing a more elastic dough. Both of these things make bread flour the perfect choice for either bread machine or bread by hand.

However, at this time it is difficult to find bread flour. The main demand is for all Purpose Flour. With this in mind we have adapted our bread recipes to work using All Purpose flour.

White Bread has always been easy to make with All Purpose Flour. The added strength of bread flour is more important when making whole wheat, rye or multi grain breads. The rule of thumb is to blend these varieties of bread with white flour, which will had more strength to your dough for support.

You can also strengthen your All Purpose flour by adding pure gluten powder, 1 ½ tablespoons for 3 cups of flour. This is not necessary for white bread. If you can not find gluten flour increase the amount of white flour in your blend and that will help too.

Depending on the type of All Purpose flour you buy, you may want to add lemon juice to your mix to increase the elasticity. Unbleached, No Additive flour will mention this on the front of the package. Regular All Purpose has ascorbic acid added.

Added gluten and lemon juice will produce lighter loaves, but neither is necessary if you do not have.

Another challenge at the moment is finding yeast. There are 2 choices - instant/bread machine yeast. Instant is added to your flour dry and is the only yeast you can use in your bread machine. This style of yeast can also be used in bread by hand. Active Dry yeast must be put in warm sugar water prior to adding to your other ingredients. This style of yeast will not work in a bread machine. For those of you local and having trouble finding yeast, contact the store and we can help.

Yeast Bread is not your only option; we have also included recipes for old fashion Hovis Bread and a sample of Soda Bread. There are many different Soda Bread recipes available. Basically this is a giant baking powder biscuit.

Enjoy your time at home, with **BACK TO BASICS, Bread Making!**