

Recipe- Bread Dough

Bread Dough

Ingredients

All Purpose Flour (Maida) 500 Gm

Dry instant yeast 8 gm

Sugar 1 tablespoon

Water 300 ml

Salt 1 tsp

Oil/ Unsalted Butter 100 ml

Method

- In a big deep bowl take 100 ml warm water.
- Add sugar and yeast, mix slowly, cover the bowl and leave for 10 mins.
- Meanwhile sift maida into another bowl.
- Check after 10 minutes the yeast will raise and bubbles should form.
- Now add 200 ml warm water, 100 ml oil or melted unsalted butter to that and mix well.
- Now add salt and half of maida.
- Now mix well and keep adding small amounts of maida (you may not have to use it all) to make soft and nonsticky dough.
- Then knead for further 10 minutes until the dough is smooth and elastic.
- Shape the dough like a ball and put in a greased big bowl.
- Cover loosely with a cling film making sure no air can go inside.
- Leave in a warm place or inside microwave (of course in a switch off mode) for around 1-2 hours.
- By then it should become double or triple in size.
- Take the dough out and punch it a few times
- Your bread dough is ready to bake any type of bread.



Tips

- First of all check if yeast is not bubbled, discard it. That means yeast is not good or it might be very old to use.
- For better results sift the maida 2-3 times.
- So you may not need to use whole 500 gms of maida. first add half and then keep adding the remaining maida in small batches to make a soft, light and non sticky dough.
- Knead the dough until you feel it a bit lighter in weight.