



Metfield Bakery

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RICE BREAD

Serves: 12 large loaves

Preparation time: 18 hours of which 12-14 are making starter and letting it ripen

Cooking time: 45 minutes

METHOD

1. Mix and knead the sponge (flour, water, yeast in the ingredients) - the dough will be very stiff so a machine unfortunately is necessary. Leave it for about 12 hours in a very cool place - the fridge is good.
2. Cook the rice an hour or two before you want to make the bread. Stick it in a large pan and put all of the water in it as well. Bring it to the boil and reduce the heat. Then cover it and simmer for 40 minutes very slowly or until the rice has absorbed all of the water.
3. Preheat the oven to 230°C.
4. Put the 'ripened' (the term used by bakers for a fully matured starter) starter in the mixing bowl. Add the flour, yeast, salt, and cooked rice. Knead till you have an elastic fully developed dough (about 10 minutes with a machine)
5. Because you have used a starter here which is equivalent to about 30% of the dough, you have already lengthened the fermentation time and no further ripening is necessary. Divide the dough into 12 x 940 gram pieces.
6. Mould and place into greased tins with the seam down.
7. Cover and prove at room temperature for about 30 - 45 minutes.
8. Dredge the loaves with white flour and bake for fifteen minutes at the preheated temperature, then for 30 minutes at 200°C
9. Turn on to a cooling rack and cool before ripping into it armed with a mountain of butter and a dependable knife.

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