

McCARTHY STONE
Life, well lived

The McCarthy Stone Bread Book

**A selection of favourite bread recipes
from our wonderful homeowners and
development teams.**

Contents

| | |
|---------------------------------------|----|
| Soo's Wholemeal Loaf | 3 |
| Soo's Courgette Oat Bran Loaf | 4 |
| Sylvia's Ksra - Moroccan Flat Bread | 5 |
| Visha's Polish Loaf | 6 |
| Tony's Beetroot Bread | 9 |
| Tony's Carrot, Turmeric & Cumin Bread | 10 |
| Linda's Irish soda bread | 11 |
| Nice Tea Loaves from 1935 | 12 |
| June's tried and tested Damper | 13 |
| Peter and Sadie's Plum Bread | 14 |
| Pam's Baked Bread Pudding | 15 |
| Liesel's Stollen | 16 |
| David's Banana Bread | 17 |
| Jenny's Banana Bread | 19 |

Soo's Wholemeal Loaf

Soo Roch, Lido Grange, Prestatyn, shared this excellent everyday wholemeal loaf recipe. (With thanks to Sara Williams, House Manager.)

Ingredients

300g Strong wholemeal flour
- plus a little extra for kneading
150g strong white bread
1 level dessertspoon salt
2 level tsp easy bake yeast (or 7g packet)
350ml hand hot water
A well buttered loaf tin
Optional: add grated cheese, raisins or walnuts to the bread batter.

Method

1. Mix the dry ingredients, pour in water, mix in gradually to form a dough (you may not need all the water.)
2. Transfer to a floured board, stretch into an oblong and fold the sides in - do this a couple of times.
3. Put into a loaf tin, sprinkle the top with flour and leave to prove for one hour. Soo puts a damp tea towel on top. Leave until it is about 2 cm above the edge of the tin.
4. Preheat the oven to 200C, gas mark 6 and place the tin in the centre for 40 minutes. Loosen the edges and take out. Tap the bottom, if it sounds hollow it's done. Cool on a wire rack. Make sure it is completely cool before storing.





Soo's Courgette Oat Bran Loaf

Soo Roch's second recipe is tasty, veg packed and healthy.

Ingredients

60ml vegetable oil
 120ml low fat yoghurt
 2 large eggs
 50g oat bran
 2 tsp baking powder
 1 tsp salt
 120g parmesan cheese
 250g grated courgettes
 Optional: grated mature cheddar

Method

1. Heat the oven to 190C, line a large loaf tin with parchment paper (or grease it).
2. Whisk together oil, yoghurt and eggs
3. In a separate bowl mix flour, oat bran, baking powder and salt. Mix well.
4. Add liquids, cheese and courgettes, mix well (it should be fairly thick.)
5. Spoon the mix into loaf tins – Soo sprinkles some cheddar on top. Bake for one hour. It is ready when a skewer comes out clean – if not, cook for another 10 minutes. Cool for a few minutes and turn out.

Sylvia's Ksra - Moroccan Flat Bread

Sylvia Coombs from Carrick Court, Drayton has been busy doing an A-Z of bread-making in lockdown, but the letter K is her favourite recipe.

Michelle Leggett, Concierge at Carrick Court, ate this bread with lamb tagine and even has a wine match recommendation: Syrah du Maroc 'Tandem', Alain Graillot et Thalvin 2017.

Recipe makes 2 large or 4 small loaves

Ingredients

200ml / 7froz water
 75g / 3oz semolina
 7.5ml / 1 ½ tsp salt
 5ml / 1tsp easy blend dried yeast
 250 g / 9oz white bread flour
 5ml / 1tsp aniseed
 2.5ml / ½ tsp granulated sugar
 Olive oil for brushing
 Sesame seeds for sprinkling

Method

1. Mix the dry ingredients, pour in water, mix in gradually to form a dough (you may not need all the water.)
2. Transfer to a floured board, stretch into an oblong and fold the sides in - do this a couple of times.
3. Put into a loaf tin, sprinkle the top with flour and leave to prove for one hour. Soo puts a damp tea towel on top. Leave until it is about 2 cm above the edge of the tin.
4. Preheat the oven to 200C, gas mark 6 and place the tin in the centre for 40 minutes. Loosen the edges and take out. Tap the bottom, if it sounds hollow it's done. Cool on a wire rack. Make sure it is completely cool before storing

For sweet Ksra

Follow the recipe omitting the aniseed and sesame seeds but incorporating

1. 50gms / 2oz desiccated coconut
2. 110g / 6oz of dried fruit

Incorporate these into the dry mix and continue the recipe.



Visha's Polish Loaf

Shared by Anna Koenner, Estate Manager, Peel Court, College Way, Welwyn garden City.

'This very simple bread recipe was shared with me by a Polish homeowner before she sadly passed away. She said that during the war there was not enough food to go around but, in her home, there was always fresh bread available, which she loved.

She was so enthusiastic about sharing this story, remembering the smell of the fresh bread and the homely atmosphere. She said that "to make a bread, it's so simple. You only need flour, yeast and water-that's it!

From that day I decided to have a go at home myself, and now I always make my own bread (sometimes using the bread machine if I don't have enough time!). Bread is always homemade at my home."

Ingredients

500g strong white flour, plus extra for dusting
2 tsp salt
7g sachet fast-action yeast
3tbs olive oil
300ml water
Optional: fried onion and mixed herbs

Method

1. Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
2. Make a well in the centre, then add 3 tbsp olive oil and 300 ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
3. Tip onto a lightly floured work surface and knead for around 10 mins. You can use a mixer and let it work for the same amount of time.
4. Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled size.
5. Line a baking tray with baking parchment. Mold the dough into a ball. Add fried onions, fresh herbs if desired. Anna likes to use both.
6. Place the bread on the baking parchment to prove for further hour until double in size.
7. Heat oven to 220 C/Fan 200C/Gas 7. Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a sharp knife.
8. Bake for 25-30 minutes until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.





Tony's Beetroot Bread

Tony Lones, Senior Craft and Development Chef at Radish, who run many of our development bistros, provided this tasty recipe for purple bread.

Ingredients

| | |
|-------------------------------|-------------------------|
| 500g white strong/bread flour | 8g yeast |
| 260g tepid water | 5g salt |
| 20ml rapeseed oil | 100g vac-pack beetroot |
| 10g sugar | 50g Granny Smith apples |

Method

1. Add the dry ingredients to your mixing bowl and using a dough hook, combine on 1st speed – or mix by hand.
2. Add the oil first and then slowly add the water leaving the last 10% to ensure the mix is not too wet. Now add the finely grated beetroot and grated apple. Your dough should be slightly sticky to touch
3. Mix or knead for at least 5 minutes but preferably 10 minutes - the longer the better with this heavier dough. It will help to get the gluten as elastic as you can!
4. Turn out into a pre oiled or floured bowl and cover with a damp cloth or oiled cling film.
5. Prove until the dough has at least doubled in volume or one hour.
(Do not prove in a hot place or you will over prove, remember slower and longer is better!)
6. Knock back thoroughly until all the air has been removed
7. Remould into your preferred shape or oil/flour a bread tin and set the loaf
- 8.. Cover and again prove for at least one hour.
9. Bake at 200°C for between 30–40 minutes.
10. Turn out as soon as possible onto a resting wire to prevent a soggy bottom!

Tony's Carrot, Turmeric & Cumin Bread

Tony Lones's second recipe is delicious and a vibrant yellow colour!

Ingredients

| | |
|-------------------------------|-------------------|
| 150g carrots | 25ml rapeseed oil |
| 3g turmeric | 15g sugar |
| 2g cumin seeds | 8g yeast |
| 500g strong white/bread flour | 5g salt |
| 300ml tepid water | |

Method

1. Add the dry ingredients including the finely grated carrots, turmeric and toasted cumin seeds to your mixing bowl and combine using a dough hook on 1st speed (or by hand).
2. Add the oil first and then slowly adding the water leaving the last 10% to ensure the mix is not too wet. Your dough should be slightly sticky to touch.
3. Mix or knead for at least 5 minutes, but preferably 10 minutes.
4. Turn out into a pre oiled or floured bowl and cover with a damp cloth or oiled cling film.
5. Prove until the dough has at least doubled in volume or one hour.
(Do not prove in a hot place or you will over prove, remember slower and longer is better!)
6. Knock back thoroughly until all the air has been removed
7. Remould into your preferred shape or oil/flour a bread tin and set the loaf.
8. Cover and again prove for at least one hour.
9. Bake at 200°C for between 30--40 minutes.
10. Turn out as soon as possible onto a resting wire to prevent a soggy bottom!

Linda's Irish soda bread

Linda Rasaiah, House Manager, Pinnoc Mews, on the aptly named Bakers Way, Exeter, says, 'I am an avid bread maker and spend most of my weekends batch bread making for the next week, so I very rarely follow recipes anymore but one recipe I do love is an Irish Soda Bread one. We Irish do love our bread. My only tips when making bread is to start kneading with warm hands and ALWAYS use butter never margarine.'

Ingredients

| |
|----------------------------|
| 250g plain white flour |
| 250g plain wholemeal flour |
| 100g porridge oats |
| 1 tsp bicarbonate of soda |
| 1 tsp salt |
| 25g butter, cut in pieces |
| 500ml buttermilk |

Method

1. Preheat the oven to 200C/gas 6/fan 180C and dust a baking sheet with flour. Mix the dry ingredients in a large bowl, then rub in the butter. Pour in the buttermilk and mix it in quickly with a table knife, then bring the dough together very lightly with your fingertips (handle it very, very gently). Now shape it into a flat, round loaf measuring 20cm/8in in diameter2. Make a well in the centre, then add 3 tbsp olive oil and 300 ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
2. Put the loaf on the baking sheet and score a deep cross in the top. (Traditionally, this lets the fairies out, but it also helps the bread to cook through.) Bake for 30-35 minutes until the bottom of the loaf sounds hollow when tapped. If it isn't ready after this time, turn it upside down on the baking sheet and bake for a few minutes more.
3. Transfer to a wire rack, cover with a clean tea towel (this keeps the crust nice and soft) and leave to cool. To serve, break into quarters, then break or cut each quarter in half to make 8 wedges or slices – or simply slice across. Eat very fresh.



Nice Tea Loaves from 1935

A special treat from the 1930s shared by Melva and Mike Nice, Wherry Court, Norwich. (With thanks to Bridgette Pummell, House Manager)'

Ingredients

One pound (450g) of self-raising flour

One teaspoon of salt

One and half ounces of butter (50g)

Half a pint of full fat milk (250ml)

Method

1. Sieve the flour and salt into a basin, rub in the butter, and mix to a soft dough with the milk.

2. Turn onto a floured board and make into fancy shapes. The loaves may be brushed over with beaten egg or milk to give a gloss.

3. Cook in a hot oven for 15 minutes. Temperature 230C or gas mark eight

Top tip:

To make this into a Fruited Tea Bread add four ounces (120g) of sultanas and baking in a bread tin

June's tried and tested Damper

This Australian unleavened bread recipe is shared by June Embra, Landmark Place, Denham Green. (With thanks to Sarah Lovejoy, House Manager.)

Ingredients

One pound (450g) of self-raising flour

1.5 oz (40g) cold butter in cubes

1 level tablespoon caster sugar

9fl (250ml) milk plus extra for brushing

A pinch of salt

Optional extras: dried fruit, grated cheese, chopped herbs (add to dry mix)

Method

1. Sieve the flour into a bowl and rub in the butter. Add the sugar and salt and mix well.

2. Add the milk and stir with a metal spoon until it forms a dough

3. Knead gently on a lightly floured surface but be careful not to overwork. Form into a flattened ball about 20cm in width. With a sharp knife make 8 slits along the top of the bread to mark eight slices. Brush with milk.

4. Place in the middle of a preheated oven (preheat to 200C or gas mark 6) and cook for 30-35 minutes until brown and cooked through



Peter and Sadie's Plum Bread

This lovely recipe is from Peter Wiles from Foxmead Court, Storrington, who says, 'I'm not a cook, it's just a little hobby from time to time. My wife, Sadie, obtained the recipe years ago but she cannot remember where from. She likes to eat it with just butter on. For myself, I prefer butter and cheese. However, I find it tasty with butter and marmalade. I feel that the recipe is very simple and easy to remember. This week I made a batch for the homeowners here and it seems to be met with favour.'

Ingredients

10 oz (280g) unsalted butter
8oz (225g) currants
8oz (225g) sultanas
One and a half pounds
(675g) self-raising flour
12 oz (340g) dark brown
sugar
2oz (60g) desiccated coconut
2oz (60g) red glacé cherries
Two and a half cups water
2 eggs beaten
2oz (60g) ground almonds

Method

1. Put fruit, sugar, butter, coconut and cherries in a saucepan with the water and bring to boil. Simmer for 10 minutes. Leave to cool.
2. Sieve flour and ground almonds into large bowl and stir in cooled mixture and eggs.
3. Divide between two loaf tins and bake for one and a half to two hours.
4. 150 degrees C (130 for fan assisted.)



Love your leftovers with Pam's Baked Bread Pudding

In the unlikely event you don't eat all your homemade bread, here's a scrummy recipe for using up stale slices from Pat Hasler, The Wickets, Settle. It makes a really comforting fruity cake. (With thanks to House Manager Jennie Bottomley.)

Ingredients

8oz stale bread (preferably
white)
4oz mixed dried fruit, raisins,
currants, sultanas
2oz shredded suet (or butter)
3oz sugar
1 egg (beaten)
A little milk
Good pinch of nutmeg

Method

1. Soak bread in water for half an hour, strain and squeeze dry.
2. Beat out lumps with a fork, stir in sugar, suet, fruit and nutmeg and mix well.
3. Add beaten egg and enough milk so that the mixture drops readily from the spoon.
4. Pour into a buttered pie-dish and bake gently for an hour at 180C/160C fan.



Liesel's Stollen

Mrs Liesel Lavers from Cartwright Court, Malvern has shared this superb authentic German stollen recipe. (With thanks to Emma Cullen, Estates Manager.)

Ingredients

1Kg white flour
100g fresh yeast
500ml whole milk
200g sugar
1 vanilla pod
400g butter
100 chopped almonds
400g sultanas
200g currants
250g chopped mixed peel
500g marzipan for the filling
(this represents the Christ Child)
A pinch of nutmeg
A pinch of clove
5 drops of almond oil
Melted butter to top the Stollen and icing sugar to dust

Method

1. In a very large bowl sieve the flour. Make a well in the centre and add the yeast, half a teaspoon of sugar and a little milk to make a leaven dough which then has to rise for an hour.
2. While it is rising add the contents of the vanilla pod, the ground nutmeg and clove, almond oil and softened butter to the remaining milk and mix well.
3. Slowly add the milk to the risen dough and knead until soft and shiny.
4. Toss the dried fruit in flour then knead into the dough with the almonds and mixed peel until evenly distributed.
5. Leave this dough covered with cling film to rise in a warm for 30mins.
6. Then knead again and leave covered for another hour
7. Divide the dough in half and lightly roll out on a floured board to form 2 circles about 2 cm thick. Place a half the marzipan, rolled into a sausage shape, in the centre of each circle and fold over both sides to form the stollen.
8. Place onto greased baking sheets, cover and leave to rise for 20 mins.
9. Bake on a good heat, but not too high for an hour to an hour and a half.
10. Baste the stollen with melted butter while still hot and immediately afterwards sprinkle with sieved icing sugar.

Guten Appetit!



Battle of the Banana Breads

We've got not one but two brilliant banana bread recipes - why not make both and do a taste test?

David's Banana Bread

Shared by David Blake, Coralie Court, Norwich, who says this delicious recipe is now made by his granddaughter in the USA



Ingredients

100 grams of butter
50 grams of sugar
2 large ripe bananas, mashed
2 large eggs, room temperature
100 grams of non-fat Greek yogurt
1 teaspoon vanilla extract
400 grams of plain flour
1 teaspoon baking soda
½ teaspoon salt
1/2 banana, for topping (optional)

Method

1. Preheat oven to 350°F. Line a large loaf pan with parchment paper. Set aside.
2. In a small saucepan, heat the butter over low heat for roughly 3 minutes, swirling the pan every 20 seconds or so. Heat until the milk solids turn a light golden-brown colour. Remove from heat and allow to cool slightly.
3. In a large bowl, mix sugar, mashed bananas and brown butter. After mixing, stir in eggs, yogurt, and vanilla.
4. In a separate bowl, whisk flour, baking soda, and salt. Fold gently into batter until just combined.
5. Pour into loaf pan and top with thinly sliced banana pieces.
6. Bake for roughly 1 hour, until a knife inserted in the centre of the loaf comes out clean. Cool on a wire rack before serving!

Jenny's Banana Bread

This lightly spiced and fruity banana bread comes, from Jenny Partington, Lawson Grange, Wilmslow. (With thanks to Helen Keane, House Manager.)



Ingredients

125ml (4fl oz) sunflower oil – plus extra for greasing
200g (7oz) caster sugar
1 tsp vanilla extract
175g (6oz) plain flour
1 tsp bicarbonate of soda
0.5 tsp ground cinnamon
2 eggs
3 small bananas peeled and mashed (about 300g/11oz in weight)
optional:-
50g (2oz) sultanas or raisins

Method

You will need 900g (2lb) loaf tin – grease with oil and line base with strip of baking paper

1. Preheat oven 180 C/160 degC fan, Gas 4.
2. Place all ingredients in a large bowl and beat for 1 minute using an electric whisk or by hand. Spoon into the prepared tin and smooth the top
3. Bake for approx 1 hour until lightly golden on top, springy to touch and coming away from the sides of the tin. Test by inserting a skewer – if it comes out clean the cake is baked.
4. Allow to cool in the tin for 10 minutes, remove from tin and cool on a wire rack

Slice and serve plain or topped with butter – Enjoy!