

Herb bread in flower pots

Fresh from the garden: herbs

Season: All

Type: Basic & breads

Difficulty: Intermediate

Serves: makes 16 small flower pot loaves

As proving the dough takes some time Kitchen Garden classes often use dough that has been prepared for them by the previous class. While their bread is cooking they then make a batch of dough for the following class.

Equipment:

2 clean tea towels
chopping board
knife
mixer with dough hook
large bowl
16 small terracotta flower pots
pastry brush
baking tray
wire rack



Ingredients:

2 tablespoons mixed herbs (rosemary, oregano, basil, thyme etc.)
800 g unbleached plain white flour
200 g plain wholemeal flour (can use more wholemeal and less unbleached)
2 tablespoons instant yeast
1 tablespoon salt
2 tablespoon olive oil
2 tablespoons bran (optional)
600 mL lukewarm water
olive oil spray for the pots
extra plain flour for dusting
1/2 cup milk for brushing the tops
mixed seeds for topping (optional)



What to do:

- Wash and dry the herbs gently in a clean tea towel. Finely chop the herbs.
- Place all ingredients, except the olive oil spray, extra flour, milk and seeds in the mixer bowl.
- Use the dough hook to knead on lowest speed for 10–15 minutes.
- Oil a large bowl, place the dough in the oiled bowl and cover it with a clean tea towel.
- Leave to prove for around an hour (it should double in size).
- Preheat the oven to 200°C.
- When the dough has doubled in size, knock back the dough by tipping it onto a clean bench and fold or punch it to collapse it.
- Divide into 12 even portions and knead for a couple of minutes.
- Spray the pots with olive oil spray and sprinkle the oiled surface with flour, shaking out any excess.

- Put the 12 pieces of dough into the 12 pots for the second prove.
- When the dough has risen again, use the pastry brush to paint the top of each mini-loaf with milk and top with mixed seeds if using. Transfer the pots to the oven and bake for 15 minutes.
- After 15 minutes, gently tip the bread out of the pots and put them on the baking tray, returning the lot to the oven to bake 5 minutes more or until the bread loaves sound hollow when tapped sharply on the bottom with a finger.
- Cool the mini-loaves on a wire rack before serving.

