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# **How To Make Organic Bread At Home**

Cooking & Cuisine Guide



## Ingredients:

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- 🥄 2 cups of whole wheat flour
- 🥄 1 cup of organic all-purpose flour
- 🥄 1 teaspoon of salt
- 🥄 1 tablespoon of sugar
- 🥄 1 packet (2 1/4 teaspoons) of active dry yeast
- 🥄 1 cup of warm water

## Instructions:

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- 🥄 **Start with the right ingredients:** Use high-quality, organic flours and ensure your yeast is fresh.
  - 🥄 **Mix wet and dry ingredients:** In a large bowl, combine flour, salt, sugar, and yeast.
  - 🥄 **Add water:** Gradually add warm water to the mixture, stirring until a shaggy dough forms.
  - 🥄 **Knead the dough:** On a floured surface, knead the dough for 10 minutes, until it becomes smooth and elastic.
  - 🥄 **Let it rise:** Place the dough in a lightly oiled bowl, cover with a cloth, and let it rise in a warm place for 1 hour, or until doubled in size.
6. **Shape the dough:** Gently deflate the dough and shape into a round or oblong loaf. 7. **Proof the dough:** Let the shaped dough proof in a lightly oiled bowl, covered with plastic wrap or a damp cloth, for another 30-40 minutes, or until it has doubled in size again. 8. **Bake the bread:** Preheat your oven to 375°F (190°C). Place the loaf on a baking sheet lined with parchment paper and bake for 35-40 minutes, or until golden brown.

## Tips and Variations:

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- 🥄 For a more crusty crust, bake at 400°F (200°C) for 20-25 minutes.
- 🥄 Try using different flours, such as whole grain or ancient grains, to create unique flavor profiles.
- 🥄 Add nuts, seeds, or dried fruits to the dough for added texture and nutrition.

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