

Oat or Barley Bread

The most variable results between using different flours in baking can be seen when making bread. We most often use wheat flour because it is high in gluten which is necessary to make the dough stretchy and gives the bread its light texture. However flours made from oats and barley can also be used in addition to strong white flour (high gluten) to still give a nice light bread but with a little bit of extra flavour and fibre. Using all oat or barley flour is possible but they are better suited to heavier flat bread and soda bread recipes that have a more dense texture.

Ingredients

250g strong white flour

250g oat / barley flour

14g dried yeast

1 teaspoon of salt

2 teaspoons of olive oil

25g honey

300ml water (warm)

Method

1. Mix together the flours, salt and yeast in a large bowl.
2. Take half of the water and mix with the honey and oil.
3. Add this to the flour mixture and mix.
4. Add the rest of the water until a soft dough is formed.
5. Turn the dough out onto a lightly floured surface and knead for 5 minutes until smooth and more elastic.
6. Place the dough into a bowl and cover loosely with clingfilm, allow to rise for 1 hour in a warm place.
7. Reshape dough into a lightly oiled loaf tin and prove again for 20 minutes.
8. Bake at 180°C/350°F/Gas Mark 4 for approximately 35 minutes until golden.

Nutrition information

Oat Bread 100g	Energy 1093kJ 259kcal	Fat 3.7g	Saturates 0.6g	CHO 47.1g	Sugars 2.6g	Protein 7.9g	Fibre 2.9g	Salt 0.63g
Barley Bread 100g	Energy 1048kJ 248kcal	Fat 2.2g	Saturates 0.2g	CHO 47.6g	Sugars 2.5g	Protein 7.5g	Fibre 3.8g	Salt 0.63g

Oat/Barley content

19g
per 60g
serving

