

# Herbed Bread Snails

Bialik College Kitchen Garden Program



## Ingredients:

- 800gms plain flour
- 200gms wholemeal flour
- 2 tablespoons mixed herbs (rosemary, sage etc..)
- 1 tablespoon yeast
- 1 tablespoon salt
- 2 tablespoons olive oil
- 2 tablespoons bran
- 600ml lukewarm water
- splash of milk

## Equipment:

- electric mixer with dough hook
- metric measuring spoons/cups
- scales
- pastry brush
- baking trays, baking paper

## Method:

1. Place all the ingredients into a bowl of an electric mixer except for the milk.
2. Turn the mixer on and knead with the dough hook on the lowest speed for 10-15 minutes.
3. Place in a lightly oiled bowl, cover with tea towels, leave to double in size (about an hour).
4. Knock back the dough, divide into 4, knead and roll into long sausages. Roll up the lengths like a snail and gently place on a tray lined with baking paper.
5. Brush the tops with a bit of milk. Allow to prove for 20 minutes, then place in the oven and bake for 15 minutes or until cooked through and there is a hollow sound when you tap the bread.

This recipe has been adapted from Stephanie Alexander's The Cooks Companion.