

## Sally's Carrot and Fennel Bread

210 ml / 7 ½ fl oz water

30 ml / 2 tblsp sunflower oil

10 ml / 2 teaspoon clear honey

200 g / 7 oz grated carrot (easy if chop these finely in a food processor)

500 g / 1 lb 2 oz unbleached bread flour (we use ½ - ½ white & wholemeal flour)

30 ml / 2 tblsp skimmed milk powder

7 ½ ml / 1 ½ teaspoon fennel seeds

7 ½ ml / 1 ½ teaspoon salt

5 ml / 1 teaspoon dried bread yeast

1. Pour the water, oil and honey into the bread maker pan. Sprinkle over the grated carrot.
2. Sprinkle over the flour, ensuring that it covers the water. Add the milk powder and fennel seeds. Add the salt into a corner of the bread pan. Make a small dip in the flour in the middle of the pan and add the yeast.
3. Set the machine to basic / normal setting, medium crust and press START.
4. OR use the bread machine to make (and rise) the dough and bake the loaf in the oven: Transfer the dough to a floured surface, kneed for about a minute, and then transfer to a buttered loaf tin. Cover with a damp tea towel and allow the dough to rise again. Bake in the top Aga (roasting) oven for 33 minutes. You can throw in a tablespoon of water into the oven to create some steam when you put the loaf in the oven. When baked tip the loaf out from the tin. You can tap on the bottom it check it is cooked (it should sound hollow).