

Whey Bread



The fat solids from curdled milk become curds that are pressed to form a block of cheese. The liquid whey that is left over was rarely wasted in the early modern period and could be used as a sleepy and cooling drink in the summer. If you make our fresh cheese, you may want to serve the whey as a drink (see our separate recipes for the cheese and the whey drink). If not, then whey is a delicious addition to this loaf which is light, stays moist, and keeps well. Enjoy with our rose conserve, butter, and fresh cheese recipes or serve with our sleepy chicken stew or other sleepy savoury dishes.

Ingredients:

750g sieved plain flour
450ml of whey
2 tsp active yeast
2 tsp salt
1 tbsp sugar
3 tbsp olive oil



Warm your whey gently until it reaches 'blood temperature' or is lukewarm. To a large mixing bowl add half of the whey, the active yeast, and the sugar. Put to one side and leave for 15 mins. Once the yeast mixture starts to bubble, you are ready for the next step.

To the same bowl add the rest of the whey, the flour, salt, and oil and then knead the dough, adding more flour if it is too wet and sticky. Don't add too much flour as you do want the dough to be on the wetter side.

Put your dough in an oiled bowl and cover in cling film or with a warm, damp tea towel. Place the bowl in a warm place for 1 ½ hours. Once doubled in size, knead the dough to 'knock it back' and then put it on your baking tray and re-cover. Leave for another 30 mins to rise again.

Then pop the bread in a preheated oven at 200C or Gas Mark 6 for 30-35 mins. To check the bread is cooked, tap the bottom of the loaf. If it sounds hollow, it's done. If not, bake it a bit longer. If the top of the loaf starts to brown too much, cover it with foil to protect it.