Homemade White Bread

Ingredients

2 ½ cups all-purpose flour

2 teaspoons (7Gms) instant yeast (or active dry yeast)

2 tablespoons sugar

1 teaspoon salt

1 cup warm milk, for activating the yeast

2 tablespoons oil (either olive or vegetable will do)

About ¼ cup additional flour

1. Put warm milk in a bowl and add sugar and yeast. Mix well and leave to stand for 10 minutes until frothy, to activate the yeast.

2. Add flour, salt, egg and oil and mix well. Keep kneading and mixing, adding some more flour when required.

3. Pour the dough on a well-floured clean surface and knead for about 150 times.

4. Cover the dough and let it rest for 10 minutes.

5. Shape the dough into a loaf and place it in a greased loaf pan, 8.5x4.5 inches.

6. Cover and let it rise in a warm place until it is one inch taller than the top of the baking pan about 35-45 minutes.

7. Meanwhile, preheat the oven to 180C or 375F.

8. Bake the bread for 30 minutes. After the first 15 minutes, cover the top of the loaf with tin foil to prevent it from over browning.