



Historic Cooking

EPISODE 5

VICTORIAN BREAD

*Inspired by
JMW Turner*

VICTORIAN BREAD

This recipe was created by Thomas Adkins

ABOUT THIS RECIPE

In this episode celebrating both Heritage Open Days and the Turner Prize 2021 at the Herbert, we make a meal once enjoyed by famous artist JMW Turner. Bread, cheese and beer.

Turner left behind hundreds of oil paintings, watercolours, as well as 30,000 works on paper - amongst his notes held at the Tate, we discovered a list of food and drink he consumed in 1839.

Bread hasn't changed much over the years and we found a simple Victorian recipe that would work well for this.

We then chose some cheese that were popular around this time too.

We then made a modern version of bread and cheese - pizza!

INGREDIENTS

500g	Strong bread flour
4g	Dried yeast
5g	Salt
350ml (350g)	Warm Water (about 40°C)

BREAD

1. First you need to activate your dried yeast. To do this, put your yeast into a small bowl and add 50ml of warm water. Give it a mix and let it bloom for 5min.
2. In the meantime weigh out your flour and add the salt into a large mixing bowl (or if you want to bring this recipe to the 21st century, into a bowl of a stand mixer).
3. Once your yeast looks frothy, add this and the rest of your warm water to your dry mix.
4. Start off using one hand to mix all your ingredients together - once it starts coming together you can tip the contents onto a clean worktop and start to knead. If you think the dough is a little too wet, add little pinches of flour at a time. If the dough is too dry, wet your hands and keep kneading.
5. Knead your dough about 8-10 minutes until it is soft, springy and smooth.
6. If you are using a stand mixer, you will most likely need to add a little more flour, start it off on a slow speed. Once it starts coming together you can turn your mixer onto a medium speed for 6 - 8min or until your dough is soft, springy and smooth.
7. Get your large bowl and lightly dust it with flour, then place your dough smooth side up. Place some

clingfilm on top and let it proof in a warm place for at least 1h (or until it has double in size).

8. Once ready, you need to tip the dough onto a lightly floured worktop and knead it for 5min, then cut into 2 even portions.
9. Preheat the oven to 250°C.
10. Next, you need to shape your bread, you can do this by either greasing a loaf tin and placing your dough in seam side down, or you can shape it into a ball and place that onto a lined baking tray.
11. Place some lightly oiled cling film over the loaf tin or loosely cover the dough ball, and leave for about 30-45min until it has double in size again.
12. Using a fresh razor blade or very sharp knife, score your dough on the top (this releases the steam).
13. Place your dough into the oven and bake for about 20min until golden brown. A good method to test whether the bread is ready is to tap each loaf on the base and listen for a hollow sound. Return to the oven for 2 - 3min if the bread is not ready. Once ready, place the bread onto a wire rack and allow to cool before serving.
14. Once cooled, enjoy with your favourite cheeses, ale and stout.

NO KNEAD PIZZA

This recipe was created by Thomas Adkins

ABOUT THIS RECIPE

This is my favourite way to make pizza at home, it is so simple and only takes 5 minutes the night before or even in the morning before you start work.

Unlike most bread recipes you don't need to knead the dough for ages, you will need to do a little shaping but the dough does all the hard work for you.

The ingredients for this recipe are almost identical to the historic recipe - we are looking at a 70% hydration, this means it is quite a wet dough.

INGREDIENTS

500g	Strong bread flour
7g	Dried yeast
5g	Salt
350ml (350g)	Warm Water (about 40°C)

Tin of chopped tomatoes/passata

Mozzarella (or cheese of your choice)

Toppings (of your choice)

(I personally think less is more)

NO KNEAD PIZZA

1. First you need to activate you dried yeast. To do this, put your yeast into a small bowl and add 50ml of warm water. Give it a mix and let it bloom for 5min.
2. In the meantime weigh out your flour and add the salt into a large mixing bowl (no need for a stand mixer).
3. Start off using one hand or wooden spoon to mix all your ingredients together.
4. Once it starts coming together, stop.
5. Place some clingfilm over the bowl and place into the fridge.
6. Keep in the fridge up to 24 hours. This helps the gluten develop slowly and gives it more flavour.
7. About 30min before you want to cook your pizza, take the dough out of the fridge.
8. Preheat the oven to 250°C.

9. Cut the dough into 4 even pieces, then shape them into balls and place onto a lightly floured baking tray.
10. Whilst the dough is coming to room temp and the oven is pre-heating, prep your toppings.
11. After around 30min, take one ball out at a time and place them into a lightly floured surface.
12. Use a rolling pin to roll the dough out as big and as thin as you like.
13. Place onto a baking tray - if you have a 'pizza' tray you might want to place some baking paper on as this dough is quite wet and might get stuck in the gaps.
14. Spoon the sauce of your choice onto your base, then layer on your toppings.

If you add too much sauce and too many toppings, the dough will not cook as well, leaving you with a soggy bottom. If you prefer loads of sauce and all the toppings then I would suggest popping the dough into the oven once rolled out before adding any toppings. This will give the base a head-start and you will end up with a better pizza.

