

I love cooking all kinds of dishes, but I get a special satisfaction from baking bread – there is nothing quite like kneading dough by hand, or the unmistakable aroma of fresh-baked bread in your very own kitchen.

It's true that breadmaking is an art, but don't let that scare you if you've never tried it. Follow my simple Italian-style "pane" recipe and the easy variations, and you can impress everyone with delicious homemade bread. – Luca

Bread

## winners

**Luca Ciano** shows you an easy way to make a variety of Italian breads, plus scrummy chocolate scrolls for a sweet treat.

PHOTOGRAPHY ANDY LEWIS | STYLING JULZ BERESFORD



FOOD PREPARATION Sarah Allchurch

Walnut & honey mini loaves, p84



## MASTER RECIPE: LUCA'S BREAD DOUGH

**MAKES** 1 loaf **PREP** 20mins **PROVE** 2hrs  
**DOUBLE IT** • FREEZER FRIENDLY

25g fresh yeast or 2 tsp (7g) dried yeast  
320ml lukewarm water  
3¾ cups (600g) bread flour  
3 tsp salt  
2 tsp caster sugar  
2 tbsp olive oil

**1** Combine yeast and water in a medium bowl. Cover and set aside in a warm place for 10 mins, until frothy.

**2** Place flour, salt, sugar and oil in bowl of an electric mixer with a dough hook attached. With mixer on low speed, gradually add yeast mixture until dough forms a wet ball, adding a little more water, if needed, to bring dough together. Increase mixer speed to medium. Mix dough for 5 mins, until smooth and elastic.  
**3** Transfer dough to a lightly oiled large bowl. Cover with plastic wrap. Stand in a warm place for 2 hrs, until doubled in size.  
**4** Using your fist, punch down dough. Turn onto a lightly floured work surface and knead briefly. Use as instructed in the following recipes.

**In each serve** 1757 kilojoules, 11g protein, 7g total fat (1g sat fat), 74g carbohydrate (1g sugar), 4g fibre, 1190mg sodium.

**tip}** To make dough ahead, wrap in plastic wrap at end of step 4. Refrigerate for up to 1 day or freeze up to 1 month. To thaw, place the dough in the fridge overnight, then use as instructed in recipes. As the dough will be colder than room temperature, it may take slightly longer to double in size.

"No dough hook? No problem. Just start with a wooden spoon, then switch to your hands when the dough gets stiff. Turn it out, knead for 5-8 mins until smooth and elastic." **Luca**

### { Walnut & honey mini loaves

**MAKES** 8 **PREP** 20mins **PROVE** 2hrs  
**COOK** 15mins

**LOW SAT FAT** • **KID FRIENDLY**

This savoury bread goes very well with a cheese plate, but the leftovers are also great in the morning with jam or simply toasted and spread with butter.

**1 quantity bread dough** (see recipe, left, replacing sugar with ¼ cup [90g] honey)

¾ cup (75g) walnuts, chopped,  
plus ¼ cup (25g) extra

**1 tbsp plain flour**

**1** Grease and lightly flour eight ¾ cup-capacity mini loaf pans. Place bread dough on a lightly floured surface and knead in walnuts until well combined.

**2** Divide dough into eight portions. Shape each portion into a small loaf. Place in prepared pans. Cover loosely with plastic wrap. Stand in a warm place for 2 hrs, until doubled in size.

**3** Preheat oven to 210C or 190C fan. Use a small sharp knife to score tops of bread, then scatter with extra walnuts. Dust with flour. Bake for 15-18 mins, until loaves are golden and sound hollow when tapped. Remove from oven. Transfer to a wire rack to cool slightly. Serve loaves warm.

**In each serve** 1850 kilojoules, 10g protein, 14g total fat (1g sat fat), 66g carbohydrate (11g sugar), 4g fibre, 894mg sodium.

### { Pane di casa

**SERVES** 6 **PREP** 20mins **PROVE** 2hrs  
**COOK** 40mins

**LOW SAT FAT** • **FREEZER FRIENDLY**

Pane di casa literally means "bread of the house" and it's the classic rustic homemade bread – the one that is served with every meal in Italy. As a kid, I even had it with chocolate for dessert!

**1 quantity bread dough**  
(see recipe, left)

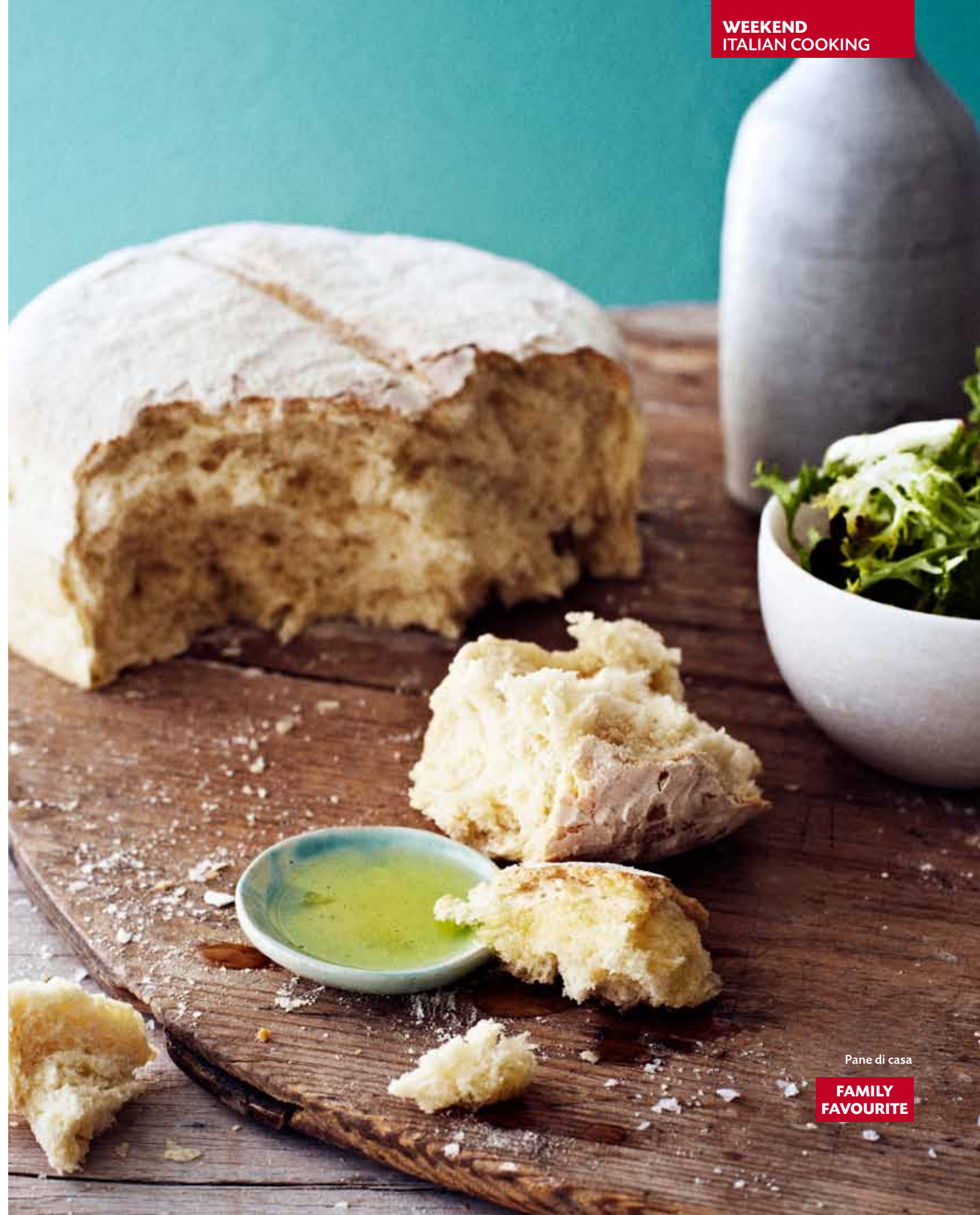
**1 tbsp plain flour**

**1** Grease and lightly flour a 22cm round cake pan. Place dough on a lightly floured surface and shape into a 22cm disc, then place in prepared pan. Cover loosely with plastic wrap. Stand in a warm place for 2 hrs, until doubled in size.

**2** Preheat oven to 230C or 210C fan. Fill a 1-cup capacity ovenproof ramekin with water and place in the bottom of the oven, to create a little moisture in the oven. Using a sharp knife, score the dough and sprinkle with the extra tbsp of flour. Bake for 10 mins.

**3** Reduce oven to 190C or 170C fan. Bake for a further 30 mins, until loaf is golden and sounds hollow when tapped. Remove from oven. Transfer to a wire rack to cool slightly. Serve warm.

**In each serve** 1785 kilojoules, 11g protein, 7g total fat (1g sat fat), 76g carbohydrate (1g sugar), 4g fibre, 1190mg sodium.



Pane di casa

**FAMILY  
FAVOURITE**



Sun-dried tomato & black olive bread



Panini with rosemary & sea salt

## { Sun-dried tomato & black olive bread

**SERVES 6 PREP 20mins PROVE 2hrs COOK 40mins**

**FREEZER FRIENDLY • SPECIAL OCCASION**

I make this often, as it looks impressive and tastes sensational. I love to eat it with a few slices of prosciutto and mozzarella, which makes me really feel like I'm back home in Italy.

**1 quantity bread dough (see recipe on p84)**  
**½ cup (60g) pitted black olives, finely chopped**

**½ cup (75g) drained sun-dried tomatoes, finely chopped**

**10 basil leaves, torn**

**1** Grease and line a baking tray with baking paper. Place dough on a lightly floured surface. Knead in olives, sun-dried tomatoes and basil until combined. Divide dough into three equal portions. Using your hands, roll each piece on a lightly floured surface to form a 15cm-long log. Place logs side-by-side on prepared tray. Starting at one end, interweave logs to form a plait. Cover loosely with plastic wrap. Stand in a warm place for 2 hrs, until doubled in size.

**2** Preheat oven to 230C or 210C fan. Fill a 1-cup capacity ovenproof ramekin with water and place in bottom of oven, to create a little moisture in oven. Bake bread for 10 mins.

**3** Reduce oven temperature to 190C or 170C fan. Bake bread for a further 30 mins, until loaf is golden and sounds hollow when tapped. Remove from oven. Transfer to a wire rack to cool slightly. Serve warm.

**In each serve 1911 kilojoules, 12g protein, 10g total fat (2g sat fat), 77g carbohydrate (3g sugar), 5g fibre, 1366mg sodium.**

## { Panini with rosemary & sea salt

**MAKES 12 PREP 20mins PROVE 2hrs COOK 15mins**

**LOW SAT FAT • DOUBLE IT**

I grew up on panini – plain, flavoured with toppings, or stuffed. You can get creative and change ingredients to your liking.

**1 quantity bread dough (see recipe on p84)**

**2 sprigs rosemary, coarsely chopped, plus 2 extra sprigs to garnish**

**2 tbsp sea salt flakes**

**1** Grease and line a baking tray with baking paper. Place dough on a lightly floured surface and knead in rosemary until combined. Divide dough into 12 equal (80g) pieces. Roll each piece into a 10cm disc. Place on prepared tray, allowing space for proving. Cover loosely with plastic wrap. Stand in a warm place for 2 hrs, until doubled in size.

**2** Preheat oven to 210C or 190C fan. Scatter sea salt and extra rosemary over top of rolls. Bake for 14-16 mins, until rolls are browned and sound hollow when tapped. Remove

from oven. Transfer to a wire rack to cool slightly. Serve warm.

**In each serve 881 kilojoules, 6g protein, 4g total fat (1g sat fat), 37g carbohydrate (1g sugar), 2g fibre, 2138mg sodium.**

## { Chocolate panini scrolls

**MAKES 24 PREP 30mins**

**PROVE 2hrs 30mins COOK 45mins**

**LOW SAT FAT • KID FRIENDLY**

If you love sweets and dark chocolate, you must make these! You can build on this base recipe with your favourite flavours – go wild!

**25g fresh yeast, crumbled, or 2 tsp (7g) dried yeast**

**1¼ cups (310ml) lukewarm milk, plus 1 tbsp extra for brushing**

**¼ cup (55g) caster sugar**

**50g unsalted butter, melted, cooled**

**500g bread flour**

**2 tsp salt**

**100g dark chocolate, coarsely chopped**

**1 egg, lightly beaten**

**1** Combine yeast and milk in a medium bowl. Add sugar and butter and stir until combined.

**2** Using an electric mixer with a dough hook, mix flour and salt on low speed, adding yeast mixture gradually until dough forms a wet ball. Add a little water, if necessary, to bring dough together. Increase speed to medium. Mix for 5 mins, until smooth and elastic.

**3** Transfer dough to a large greased bowl. Cover with plastic wrap. Stand in a warm place for 2 hrs, until doubled in size. Line a baking tray with baking paper.

**4** Punch down dough, add chocolate and knead gently to combine. Divide dough into 12 equal (40g) pieces. Shape each portion into a 1cm-thick log. Starting from one end, roll up each log to form a scroll. Place on prepared tray. Cover loosely with plastic wrap. Stand in a warm place for 30 mins, until doubled in size.

**5** Preheat oven to 190C or 170C fan. Brush scrolls with egg. Bake for 15-18 mins, until golden, and sound hollow when tapped. Transfer to a wire rack to cool slightly. Serve warm.

**In each serve 553 kilojoules, 3g protein, 4g total fat (2g sat fat), 21g carbohydrate (5g sugar), 1g fibre, 208mg sodium.**

## COMFORT FOOD

Chocolate panini scrolls



**tip}** For a more golden glaze, use a free-range egg. It has a yellower yolk than a cage-reared hen's egg.