

Handy recipes for all kinds of stuff

I like to learn how to make basic things myself. This has two benefits; I learn how things work, I have complete control over what goes into my products, I am less dependent on stores and I get the product for *ridiculously* low cost, sometimes even 1/100th of the regular store price.

This page provides an overview of the recipes I use. This is mainly for my own reference, but you are free to use them as well!

Bread

Ingredients

- 300 g whole grain flour
- 100 g general purpose flour
- seeds and grains to taste (like sesame, pumpkin seeds, oatmeal etc.)
- 1 tbsp sugar
- 1 tbsp salt
- 1 packet of 7g yeast
- 300 ml handwarm water (the hottest such that you can still hold your hand in it for extended periods of time)

Directions

Below are the memory aids for me such that I don't forget anything. To learn how to do this, watch lots of videos and try it out. I got it right after about 5 failures, so keep trying!

- add everything except water in a mixing bowl
- mix
- add handwarm water
- mix, keep adding general purpose flour until its dry
- when dry, dump on floured table and knead for 10 min
- put in bowl, cover with damp cloth
- let rise at warm place for 1 hour
- knead for 10 mins
- put in baking tin, cover with damp cloth
- let rise at warm place for 1 hour
- bake at 200 C for 20 mins
- bake with extra heat for 10 mins for the crust