



CHEESY SPIDER BREAD

INGREDIENTS

150g strong plain flour

50g wholemeal strong plain flour

1 x 7g sachet easy-bake (microfine) yeast

1 teaspoon mixed herbs

50g low fat mature cheddar cheese – grated

200ml warm water

2 teaspoons oil

1 tablespoon pumpkin or sunflower seeds

EQUIPMENT

mixing bowl, teaspoon, grater,

measuring jug, wooden spoon

medium sized 'tie handle' plastic bag,

flour dredger, table knife, baking tray

MAKES: 1 large/
4 small

PREP TIME: 25 minutes
COOK TIME: 25-30 minutes

ALLERGENS: cereals containing gluten,
milk

- 1 Place the flour, yeast, half the herbs and cheese in the mixing bowl. Gradually add the water* to form a soft, slightly sticky dough with a wooden spoon. *You may not need to add all of the water!
- 2 Open the plastic bag and add the oil. Rub the bag together so it gets an even coating of oil (this will stop the dough from sticking to it), then place the dough in the bag. Knead the dough in the bag for 4-5 minutes until it develops a soft, elastic and smooth texture.
- 3 Place the kneaded dough onto a lightly floured surface and divide into two pieces (one piece will form the main body of the spider and the other will be used for the head and legs). To make the body of the spider, knead the dough into an oval shape and place in the middle of a floured baking tray.
- 4 To make the head and legs, split the dough in half and knead one piece into ball. Place this on the baking tray to form the head of the spider. For the legs, split the dough into 4 pieces and roll each piece into a long 'breadstick' shape. Cut each 'stick' in half and then attach to the spider to form the legs.
- 5 Sprinkle the top of the spider with pumpkin or sunflower seeds, then leave the spider in a warm place to prove for 30 minutes until it has doubled in size.
- 6 Bake in a pre-heated oven 200⁰C/Gas 6 for 25-30 minutes until golden brown and sounding hollow when tapped underneath. Serve warm with a bowl Pumpkin Soup.



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HEALTHY RECIPES * RYSETIAU IACH