

# Potato bread



375g potatoes, peeled and cut into even chunks (about 300g peeled weight);  
1 tsp dried yeast;  
1 tbsp sunflower oil;  
1 tsp fine sea salt;  
300g strong white flour, plus extra for kneading (or use 200g white flour and 100g wholemeal);  
1 tsp onion seeds (optional).

## Method:

Cover the potatoes with cold water (no salt) and bring to the boil, then reduce the heat and cook gently for 15-20 minutes. They need to be thoroughly cooked but not disintegrating. Drain, reserving the cooking liquid, return to the pan and toss over a very low heat for 2-3 minutes until any excess liquid has evaporated.

Mix the flour, salt and yeast in a bowl big enough to mix the potatoes into. Mash the potatoes with the oil in the saucepan until they're as smooth as possible, making sure there are no small lumps, then stir into the flour mixture, along with about 75ml of the reserved potato cooking liquid.

Mix well until the dough becomes too stiff to stir, then turn out onto a work surface and knead well. After about 10 minutes kneading the dough it should be soft and pliable, and the folds should be reluctant to mix in. When it reaches this stage, cover it loosely with a wet tea towel or lightly oiled cling film, then leave to rise in a warm place for 45-60 minutes, until well-risen and spongy to touch. Then knead lightly and shape into a round loaf. Place this seam side down on a greased and well floured baking tray, covering completely with a well floured cloth or lightly-oiled cling film. Leave to rise (in a warm place) for 20 to 30 more minutes, until about doubled in size.

Meanwhile, preheat the oven to 220°C (fan/200°C) gas mark 7. Score the risen dough with a knife and, if liked, sprinkle the top with the onion seeds (these are quite strong tasting so the resultant loaf won't go so well with sweet things). Bake in the centre of the oven for about 35 minutes until well risen and crusty on top, and sounds hollow when tapped on the bottom. Cool on a wire rack.

Submitted by Colin Harrison