

Wastel and Manchets

The landed gentry would be stretched to afford to grow the flour for Paynemainne so they would use best quality everyday flour to produce white bread by the sifting method. This is essentially stoneground clubwheat flour which has been double sifted through muslin cloths to produce white flour. The bread is made into round loaves of about 2 pounds of dough to produce bread called **Wastel**. From around 1500, this type of dough was made into small hand rolls of about 120 to 150 grams of dough. These hand rolls were called **Manchets**.

Start with 3 pounds of best stoneground flour sifted into white flour and bran. This should give about 2 pounds of white flour if it is double sifted. Use a medium sieve for the first sifting and a fine sieve for the second, or resort to shaking a muslin bag with flour, using a large bowl.



1kg sifted stoneground white flour.
10g dry yeast
800 ml warm water with a spoon of honey dissolved into it.
A little melted butter.

Mix the flour, yeast and honey water into a stiff dough and place in a bowl with the melted butter. Knead the dough in the bowl to give a firm consistency.



Leave to prove for an hour or more.

Knock back the dough and knead thoroughly, forming into a round loaf on a baking tray. Leave to rise and double in size. Bake in a hot oven at 220°C for 35 minutes until done.

If making Manchets, form into small round rolls and leave to rise. Bake for 20 minutes until done.