

## Dyett Bread

The recipe for Diet Bread is from The Gentlewoman's Kitchen. It is a well tried and tested recipe that produces a good quality bread with an aniseed flavour, used as an accompaniment to meats, fish and strong cheeses.

400g strong white flour  
30ml chopped or dry sage  
20g bruised fennel seed  
5ml sugar  
10g dried yeast  
250ml warm water



Mix the dry ingredients and add the water to make a loose dough. Knead and leave to prove for an hour. Knead a second time and shape the dough into a round loaf or number of small rolls.

Prove for 20 minutes and bake at 230°C for the first 15 minutes, turning the temperature down to 200°C for a further 20 minutes. Small rolls should be baked in 20 minutes.



*The receypte of the Dyett bread: Take halfe a pecke of Fyne Wheaten Flower, three handfull of sage shred small, An ounce and a halfe of ordinary Fennell seeds lightly bruised, strewe the sage and the Fennell seede amongst the Flower, and so with barme kneade and bake itt as you do other bread, and eate itt nott until itt be a day old.*

**Peter C D Bears, 1984, The gentlewoman's kitchen : great food in Yorkshire, 1650-1750. Wakefield Historical Piblications**