

# The making of fine Manchet

From Lord Tevis McBrodie

*Take half a bushel of fine flower twice boulded, and a gallon of faire luke warm water, almost a handful of white salt and a pint of yest, then temper these together without any more liquor, as hard as you can handle; then let it lie half an hour, then take it up, and make your Manchetts, and let them stande almost an hower in the oven. Every bushel of meale may be five and twenty cste of breade and everie load to way a pounce beside the chesill.*

2-quarter ounce packages of yeast

1 tsp. sugar

1 ½ cups water

½ tsp. honey

2 cups each of unbleached white and whole-wheat flour

Proof the yeast in ¼ cup of water (about 80°) with the sugar for about 10 minutes. Place in a large bowl and blend in the remaining water, salt and the honey. Sift in 2 cups of flour stirring constantly. Beat the mixture for about 5 minutes until it is smooth. Continue to beat in the flour until the dough is stiff enough to turn out on to a floured board. Knead the dough, gradually add the remaining flour, and knead for about 15 minutes more until the dough is smooth and elastic. Pat into a ball and placed into a well-greased bowl. Cover with a tea towel and set in a warm place to rise for 1 hour or double in bulk. Bake for 50 to 60 minutes in a preheated 400° oven. The loaf is done is it sounds hollow when tapped with a knife. Remove from pan and cool.

**Yield: 1 loaf**