

Great British Bake Off Episode 3 – Tips from the Scottish Women’s Institutes (SWI) On Bread Making

When it came to the crunch, Bake Off dreams crumbled for Perthshire contestant Marie and she hung up her apron and left the tent at the end of episode two of the Great British Bake Off.

Her biscuit making efforts failed to impress judges Paul Hollywood and Mary Berry and she became the second contestant to leave the TV show.

Episode 3, to be screened this week, turns the focus on bread making and stalwarts of the Scottish Women’s Institute have used their loaf to offer some sound advice on skills required on making better bread.

The aroma of baking bread is one of the greatest pleasures in the kitchen, says the SWI’s Mary Young, Stirling Clackmannan and West Perth (SCWP) vice chairman, who is looking forward to seeing what very imaginative creations the contestants come up with – so much so that she wishes she has smelly-vision!

There is nothing better than freshly baked bread products, but there is a great temptation to overindulge,” says Mary.

“For basic bread making choose either fresh yeast if available, dried yeast or fast action (easy blend) yeast, depending on the recipe and instructions on the packet.

The liquid requires to be slightly warm. Milk gives bread a softer texture than water. Flour should be strong white or wholemeal or granary. Salt controls fermentation, strengthens the gluten and adds flavour and some recipes use fat for flavour and to improve keeping qualities.

“In baking make sure the shaped dough has doubled in size. Always oil or flour the loaf tin or baking sheet.

“Make sure the oven is at the correct temperature. Once baked, the bread should sound hollow when tapped underneath, leave to cool on a wire rack.”

The SWI has undergone a rebranding exercise to attract and engage new generations of Scottish women.

Flexible meetings at different times of the day and in different venues are helping the SWI become more accessible and relevant to members who work, have family and busy lifestyles.

New Institutes are encouraged to take up themes and activities that reflect their own interests, lifestyles and communities, alongside existing SWI groups where education and training in home skills, family welfare, citizenship and friendship remain the key aims. Baking and crafts remain among the most popular activities but they now exist alongside activities such as life drawing, wine tasting and speed crafting.

These pilot meetings complement the existing network of traditional meetings that have been held all over Scotland since the organisation's foundations in 1917.

The SWI has dropped 'Rural' from its name, unveiled a new logo and motto, 'Women Together' and launched a new website.

For more details of how to find your nearest institute, or advice on how to set up a new one, visit www.theswi.org.uk or go to its Facebook pages at <https://www.facebook.com/ScottishWomensInstitutes>.

Episode Three of The Great British Bake Off will air on Wednesday (19th August) at 8pm on BBC One.

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