

Le Moulin de Quétivel Bread Recipe

This wholesome bread recipe is made with a mixture of stoneground flour from Le Moulin de Quétivel and strong white flour to give a light open texture.

Le Moulin de Quétivel flour is available from the small tearoom on site (open Monday and Tuesday, from May – September). If you haven't been along to the Trust's Open Milling sessions, do look out for them in our Discover Magazine and on our website. Scheduled twice a year (in the spring and autumn), Open Milling is a wonderful opportunity to watch the whole milling process from start to finish at Jersey's only remaining working watermill.

Currently the Trust sources the wheat for its flour from Le Tacheron farm in Trinity, where it is grown and harvested by the Le Maistre family - with a helping hand from their two Shire horses.

You can find out more about Le Moulin de Quétivel in the 'Discover' area on our website – or take a look at the short videos in our Activity Hub area, where you can learn about the whole milling process from start to finish. There are also two short self-guided trails in the Activity Hub, which take you on a route through St Peter's Valley – a perfect opportunity to find out about Jersey's milling history and learn about some of the native wildlife.

You will need

- 300g strong whole wheat flour
- 260g strong white flour, plus a little extra for dusting
- 10g salt
- 5g dried yeast
- 20g olive oil
- 355g tepid water - if you use ALL whole wheat flour, you may need to increase the amount slightly

- 1 Weigh all of the ingredients into a large mixing bowl.



- 2 Using your hands, mix the ingredients together to form a dough.



- 3 Turn out the mixture onto a very lightly floured work surface and knead well for about 15 minutes, or until the dough is smooth and elastic. Avoid adding extra flour as you knead, or the finished loaf will be heavy and brick-like.



- 4 Place the ball of dough back into the bowl and cover with a clean tea towel.



- 5 Set aside in a warm place to prove until doubled in size, approximately 1 hour.
- 6 Turn out the dough onto a very lightly floured work surface, knead gently for 2-3 minutes and form into a nice round shape.
- 7 Line a bowl with a clean tea towel or linen napkin and flour it well. Put the ball of dough carefully inside, placing it smooth-side down. Cover the dough with a clean tea towel and set aside to rise until doubled in size, approximately 1½ hours.
- 8 Preheat your oven to 230C and place a heavy baking tray inside to heat up. This preheating is really important to get a good bake. When you are ready to bake your bread, generously dust the hot baking tray with flour and carefully turn out the dough onto the tray - be very gentle as you do this, so as not to squash your loaf. Using a really sharp knife, carefully score the top of the loaf to let out the steam as the loaf bakes.
- 9 Mist the inside of the oven with a little water to create some steam, place the loaf inside and set your timer for an initial 10 minutes.
- 10 After 10 minutes, open the oven door to let out the steam and reduce the temperature to 210C. Set the timer for a further 20 minutes.
- 11 When your loaf is ready, it should be golden brown on top and sound hollow when tapped on the base. The total baking time for a loaf this size is around 30 minutes.
- 12 Remove your loaf from the oven and set aside on a wire rack to cool. Enjoy with some good Jersey butter.

