

# Farl

Adapted from Paul Hollywood. 2004. *Great Breads*. Metro Books, NY.

*Makes one loaf*

4 cups white bread flour, plus extra for dusting  
1 tablespoon coarse kosher salt  
1 oz. fresh compressed yeast (can also use 3 pkgs. Dry-Active yeast)  
2/3 stick of butter, softened  
1 tablespoon fresh, finely-chopped oregano (dry flakes also work)  
1 1/4 cup water  
1 tablespoon of honey

Note: Both fresh and dry-active yeast need to be “proofed” in warm water with a bit of honey. Should thicken, bubble, and smell like yeast - or the yeast is old.

Mix all the ingredients in a bowl. Slowly add the water (containing dissolved yeast and honey), mixing with dry ingredients until a smooth, pliable dough is formed. Knead for about 5 minutes and then let rise in bowl for at least 1 hour.

Line a baking sheet with parchment paper. Shape the dough into a ball and then gently flatten into a 2 inch thick circle. Let rise on baking sheet for at least 1 hour.

Preheat oven to 425°F. Sprinkle flour on top of the dough and then, with a sharp knife, make a pattern of vertical slashes radiating out from a central point along one side. Bake for 30 minutes until golden brown. Transfer to a wire rack to cool.

Note: The longer the dough is allowed to rise, the better the crumb and the flavor of the loaf.