

GOOD
KNEADING
ACTION



BAKE OFF

Blonde, gorgeous, eats loads of bread – wait, what? Yep, Malin Elmlid’s full of surprises

She’s the Swedish food blogger who wants you to welcome bread back into your life – she’ll even trade you a loaf. Meet Malin Elmlid, the best advert for carbs we’ve ever seen...

IT’S FAIR TO SAY YOU HAVE A BIT OF A CRUSH ON BREAD, ISN’T IT? “Well, I’m not a professional baker, but I do love well-made bread. The first time I tried a really good loaf was at a bakery in Copenhagen. No going back!”

AND YET YOU AVOIDED IT FOR YEARS? “I was working in the fashion industry. My colleagues decided to cut carbs and so did I. But I love bread and grew up in a family where it was one of our staples, so I compromised and told myself that, from then on, I’d only eat good bread.”

SO YOU GOT BAKING? “Not just baking – manically baking! Then I had too much, so that’s how The Bread Exchange and blog started. I decided to trade my bread instead of selling it. I’ve traded more than 1,000 loaves.”

WHAT’S THE STRANGEST THING YOU’VE GOT IN RETURN FOR A LOAF? “Tickets to the Berlin Philharmonic.

Horse-riding lessons. A wine course. I love learning new things.”

THE KING OF BREADS IS? “Sourdough. It’s healthier and easier to digest. I used to get bloated with white bread, but it never happens with sourdough. And it stays fresh without nasty additives.”

WHAT’S THE KEY TO GREAT TOAST? “Simple, white sourdough bread with a lightly burned crust. I love it with lots of whipped, salted butter.”

NOW LET’S BE REALLY INDULGENT AND ADD CHEESE... “I crave goat’s cheese so mature that it seems like it might walk out the door when I turn my back on it. Perfect with fig confit.”

WHAT DO ALL GREAT BAKERS HAVE IN COMMON? “Time. And dedication. My best advice is to buy digital scales – precise measurements are crucial.”

ANY OTHER SECRETS? “Invest in a good pepper mill, never pick the cheapest oil and little touches – like roasting walnuts before you add them to your bread – have a big effect.”
The Bread Exchange by Malin Elmlid (£21.99, Chronicle Books).



VEGAN BANANA BREAD

(serves 8-10)

- Oil or butter, for greasing
- 240g organic unbleached plain flour
- 100g raw cane sugar
- 60g raw brown sugar
- 1 tbsp spirulina powder
- 3/4 tsp sea salt
- 3/4 tsp bicarbonate of soda
- 120ml soya milk
- 2 tsp apple cider vinegar
- 4 large ripe bananas
- 60ml olive oil
- 3 tbsp maple syrup
- 1 vanilla pod
- 115g walnuts or pecans (optional)
- 100g vegan dark chocolate chips (optional)

Preheat the oven to 190°C (fan 170°C), gas mark 5. Grease a 23cm x 13cm (2lb) loaf tin. Sift together dry ingredients. In a bowl, mix the milk and vinegar and leave until the milk clots. Mash the bananas and add to the milk, along with the oil, maple syrup and seeds from the vanilla pod. Stir, then pour in the flour mixture, nuts and chocolate (if using) and combine – but don’t over mix. Transfer to the tin. Bake for one hour, or until a skewer comes out clean. Cool in the tin for a few minutes, then turn out, slice and enjoy!



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