



CROUTONS

Ingredients

any stale bread, wholemeal is best

Method

Cut the bread into roughly one inch cubes then toss them in a bowl with a little olive or sunflower oil so the cubes are moistened, not soaked. Now sprinkle with salt and if you like with dried herbs or chopped parsley.

Spread the cubes out on a baking tray then bake in a pre-heated oven at 300°F/gas mark 2 for about 30 minutes. They should be crunchy but still a wee bit soft in the middle.

The croutons are good not just in soups but also with salads.

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