These are the kind of loaves we like to see on our breakfast tables.

They're prize exhibits at the British Baker Competitions, in London.

The bread is all hand-made by some of Britain's finest bakers. The smell is just as important as appearance, and the judges cut the loaves to make sure they're of fine texture.

But even the experts were confounded when 17 year old Ian Hawkins of Somerset, a student baker, carried off first prize.

To find out just what makes a good loaf, we visited a famous London bakery that has been run by the same family for over fifty years.

The dough which is carefully weighed - to ensure the perfect snape when baked. Skithet accuract horing hands, Ashion it to the consump when baked. Skithet accuract horing hands, Ashion it to the consump shapes of loof.

The treat it then woulded into its own familiar pattern, the column the colum

Now for the baking - which takes roughly from thirty-to forty-five minutes.

good food Then, they're ready for the shops - aximished xarticle, with high vitamin

old student - a master baker ...