



Rustic Seeded Bread Loaf

20 slices



Easy

up to 40 Min.



Ingredients:

For the Bread:

- 500 ml Whole Milk
- 300 g Strong White Bread Flour
- 300 g Rye Flour
- 7 g Fast-action dried yeast
- 5 g Salt (1tsp)
- 50 g Ground Flaxseed
- 50 g Sunflower Seeds

1 For the Dough:

Gently warm the milk in a pan or the microwave until lukewarm ensuring the milk is not too hot otherwise it will kill the yeast. In another bowl mix together the flour, yeast, salt, flaxseed and sunflower seeds. Add the warm milk to the dried ingredients and begin mixing on the lowest speed and slowly increase the mixing speed upto the highest speed and mix for 5 minutes to form a dough.

2 Place the dough in a bowl lined with oil and cover with cling film and leave in a warm place until double in size. Once doubled in size briefly knead the dough onto a lightly floured surface and shape into a round loaf about 15cm in diameter. Place your shaped dough onto a lined baking tray and cover with cling film.

3 Allow the dough to prove in a warm place for about 30 mins. About 20 minutes into the proving time pre-heat the oven to 180°C (160°C Fan/Gas Mark 5). Once the dough has proved brush a small amount of water over the bread a sprinkle with flour. Using a sharp knife cut a cross about 1cm deep in the centre of the loaf and bake in the centre of the oven for about 40 minutes.

4 Once baked allow the bread to cool on a wire rack.

