



Inspired by Scandinavia

4 SEED WHOLEMEAL BREAD AND DANISH BUTTER

EQUIPMENT

STAND MIXER WITH DOUGH HOOK ATTACHMENT, KITCHEN SCALES, LARGE BAKING TRAY, CLING FILM, CHEF'S KNIFE, SMALL MIXING BOWLS, BAKING PAPER

INGREDIENTS

150GM WHOLEMEAL FLOUR, 220GM PLAIN FLOUR, 8GM DRIED YEAST, 8GM SALT, 5GM EXTRA VIRGIN OLIVE OIL, 240GM TEPID WATER, 25GM EACH OF CHIA SEEDS, SUNFLOWER SEEDS, LINSEEDS AND PEPITAS, 100-150GM DANISH BUTTER

METHOD

PLACE BOTH THE FLOURS INTO THE BOWL OF A STAND MIXER.

IN A MIXING BOWL MIX TOGETHER WATER, OIL, YEAST AND SALT AND STIR TO COMBINE AND LEAVE TO STAND FOR 5 MINUTES.

ADD THE YEAST AND WATER MIX TO THE FLOUR AND MIX ON MEDIUM SPEED FOR 10-12 MINUTES.

REMOVE THE DOUGH FROM THE MIXER AND LIGHTLY FLOUR THE BENCH AND KNEAD BY HAND FOR A FURTHER 2-3 MINUTES.

RETURN THE DOUGH TO THE MIXING BOWL AND COVER THE BOWL WITH CLING FILM. PLACE THE BOWL INTO THE OVEN STEAM SETTING 35°C FOR 30 MINUTES TO PROVE.

ONCE THE DOUGH HAS PROVED REMOVE IT FROM THE BOWL AND KNEAD IT ON A FLOURED BENCH AGAIN. WHILE KNEADING ADD $\frac{3}{4}$ OF THE SEEDS TO THE DOUGH.

SHAPE THE DOUGH INTO A LOAF AND PLACE IT ON A BAKING TRAY LINE WITH BAKING PAPER. RETURN THE DOUGH TO THE OVEN TO PROVE AGAIN FOR 30 MINUTES AT 35°C STEAM SETTING.

ONCE THE SECOND PROVE IS COMPLETE REMOVE THE DOUGH FROM THE OVEN AND RE-SET THE OVEN TO COMBI MODE 220°C. LIGHTLY SCORE THE SURFACE OF THE DOUGH WITH A SHARP KNIFE AND SCATTER OVER THE REMAINING SEEDS.

ONCE THE OVEN IS UP TO TEMPERATURE BAKE THE BREAD AT 220°C COMBI MODE FOR 25 MINUTES UNTIL GOLDEN AND CRISP

ONCE THE BREAD IS BAKED REMOVE IT FROM THE OVEN AND COOL BRIEFLY ON A CAKE RACK. SERVE THE BREAD WARM WITH DANISH BUTTER SPRINKLES WITH FLAK SALT.

HINTS & TIPS

- BAKING BREAD IN COMBI MODE ENSURES A CRISP CRUST.

- TRY ADDING A PINCH OF CINNAMON AND SOME DRIED FRUITS FOR YOUR OWN FRUIT AND NUT LOAF.

- THIS BREAD IS ALSO GREAT TOASTED WITH A CHEESE PLATTER; REMEMBER THOUGH THERE ARE NO PRESERVATIVES IN THIS DOUGH SO THE BREAD WILL GO STALE WITHIN 2 DAYS.