



EASY SEEDED SOUR BREAD

Ingredients (organic where possible):

400 g Rye Sour Dough Starter (ratio flour/water 1/1)
800 g Rye Flour
300 g Sunflower Kernels
300 g Almond Meal
125 g Sesame Seeds
125 g Linseed
125 g Chia Seeds
500 g Filtered Water



Method

Mix dry components together. Add starter and water then mix and knead into an integrated whole. This is a heavy loaf so mixing the sticky dough might take a little strength. A little olive oil on the hands makes the process easier if not using a wooden spatula.

Leave the mixture for 15 minutes, then knead thoroughly again. Separate into two loaves and leave on the kitchen bench covered by a clean tea-towel for four to eight hours in a warm environment.

Preheat the oven to 230 C. Bake for 8 - 10 minutes then reduce temperature to 210 C. Bake for another 25 minutes. Test the results by tapping on the loaves. If hollow-sounding, then success should be assured. If not or if you are unsure, turn off the oven and leave the loaves inside.

This recipe will make two large loaves. For ease of use by individuals and smaller families, it is suggested that one loaf (when cool) be sliced and placed in a storage bag in the freezer. Makes great toast.

(A sour dough starter is great to have available in the fridge. Easy to make and it can be used in many dishes including bread, pizza, pasta, cakes etc. Mix equal parts rye flour and filtered water and leave for 3-4 days in a warm spot to ferment. Add more rye flour and filtered water. Leave another 3-4 days and the starter should be ready to use. Every time you use the starter, don't forget to replenish it with equal parts rye flour and filtered water.)

Nutritional Benefits

