

Busy People's Bread

Recipe adapted from *The Free Range Cook* by Annabel Langbein

Makes 2 loaves — recipe can be halved for one loaf

2 cups boiling water

4 tsp honey

2 cups cold water

7 tsp dry yeast granules

2¾ cups high-grade white flour

2¾ cups wholemeal flour

3 tsp salt

2 cups sunflower seeds

6 tbsp flax seeds

4 tbsp pumpkin seeds

You can cook your bread in loaf tins as below or in round cake tins or small ceramic casserole dishes approx 16 x 7cm.

To start: Preheat oven to just 80°C and grease and line two 25 x 10cm loaf tins or two with baking paper.

In a large bowl, mix the boiling water with the honey to dissolve. Add the cold water and yeast and put to one side for 10 minutes.

Whisk the yeast mixture then add white and wholemeal flour, salt, sunflower and flax seeds and mix with a large spoon until evenly combined. (The mixture will be a very loose, wet batter.)

Divide mixture between prepared loaf tins, spread evenly and flatten the top. Sprinkle 2 tbsp pumpkin seeds over the top of each loaf and, run a sharp knife through the top of each loaf in at least 3 or 4 places so it rises evenly without splitting.

Bake for 20 minutes at 80°C and then turn up the oven to 210°C and bake for a further 30-40 minutes. When cooked, the loaves will sound hollow when tapped. Turn out of the tins while still hot and leave to cool.

Note: This bread stays fresh for several days and toasts well.

My notes...

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