



Mixed Herb Bread with Ballybrado Wholemeal Flours

Ingredients

500g Ballybrado Whole Spelt Flour

OR

250g Ballybrado Fine Whole Wheat Flour

250g Ballybrado Coarse Whole Wheat Flour

400ml tepid water (hand warm)

1 sachet quick action dry yeast

½ tsp. ground fennel

½ tsp. ground coriander

7g sea salt

Optional: sunflower/sesame/pumpkin seeds as topping

Method

1. In a large bowl mix all the dry ingredients together, including the yeast.
2. Add 400ml of tepid water and, using the dough hook of your mixer, combine the ingredients for about 1 minute until smooth soft dough is formed.
3. Place cling film on the top of the dough to stop it from drying out while it's proving, and cover the bowl with a tea towel.
4. Leave to prove in a warm place for about an hour and a half, or until the dough has doubled in size. Preheat oven to 200°C fan.
5. Mix the dough again with the hand mixer for a few seconds and fill the dough into a well-greased 1lb loaf tin.

6. Leave to rise for another 20 minutes and dab with a little water.
7. Choose any topping you like such as sunflower seeds or oat flakes and scatter them on top pressing them lightly into the dough with your hands.
8. Place on the middle shelf of the oven with a cup of hot water beside it for 10 minutes.
9. Turn the oven down to 180°C and bake for another 45 minutes or until the bread sounds hollow when you knock on the bottom of it.
10. Take bread out of the tin and leave to cool on a wire rack.