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Allyson Gofton's

# Seedy Bread

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*You'll need to start this the night before as the flavour and texture came from soaking the seeds overnight, a trick that makes the seeds easy to digest as they will be softer when cooked.*



Photo credit: Alan Gillard

The recipe will make two generous-sized loaves and the bread freezes well. Yum!

## INGREDIENTS

3 teaspoons salt  
About 3 cups seeds (use a mixture of linseed, sesame, pumpkin or sunflower)  
1 tablespoon honey  
1 tablespoon molasses (or use golden syrup)  
900ml very hot water  
4 teaspoons Sure Bake yeast mix  
½ cup water  
1 teaspoon sugar  
600g wholemeal flour  
600g white flour (use bread making flour)

## METHOD

1. In a large bowl stir together the salt, seeds, honey, molasses or golden syrup and 900mls of water. Set aside at room temperature overnight.
2. The next day, preheat the oven to 200°C. Set the oven rack just below centre. Grease 2 large (21cm x 11cm) loaf tins well.
3. Mix the yeast with the ½ cup warm water and sugar. Set aside until frothy. Add the frothy mixture to seed mixture in the large bowl.
4. Stir in the flours and work well to make sticky dough. Divide the mixture between the prepared tins. Set aside in a warm place to rise for 30 minutes. You do not want the dough to double in bulk, but rise about ¼ - 1/3 in size.
5. Bake in the preheated oven 40-50 minutes or until cooked. Bread is cooked when it sounds hollow when tapped from underneath. Transfer to a cake rack to cool. The bread is better cut the next day.