

Three Seeded Loaf

Ingredients

110g strong white bread flour
110g strong wholemeal flour
7g fast action yeast
½ teaspoon caster sugar
1 teaspoon salt
1 tablespoon olive oil
145ml warm water
oil for greasing
3 tablespoons mixed seeds
beaten egg to glaze

Method

1. Preheat oven to fan 180C/ conventional 200C / gas mark 6.
2. Weigh the flours and add the yeast, salt and sugar into a large mixing bowl, make a well in the centre.
3. Add the oil, warm water and stir to make a soft dough. Knead for about 8-10 minutes.
4. Place the dough in the round foil and cover with cling film. Leave to rise until doubled in size.
5. Knock back the dough roll out and sprinkle with seeds, knead for a minute to mix up the seeds. Shape the dough into a round, cover and leave to prove again for 20 minutes.
6. Glaze the bread with beaten egg, sprinkle with reserved seeds and bake for 30-35 minutes until golden brown and the base sounds hollow when tapped.
7. Leave to cool on a wire rack.