

Cape Five Seed Bread

Ingredients:

200g whole wheat or whole spelt kernel (boiled until soft)
250g seed mix (50g each of 5 different seeds - sunflower, sesame, flax, poppy, pumpkin)
1kg whole wheat flour
2 packs of instant yeast
4 tbs carob syrup (for taste and colour)
1 tbs himalayan salt
700ml +- water

Method:

Mix all together to a slightly sticky dough.
Put into 2 greased tins.
Allow to rise to the top of the tin (about 1 hour)
Bake for 20 min at 225 degrees c.

Tips

- Boil a whole bag of kernels and keep in freezer so that you can make bread at a moment's notice.
- Substitute honey, treacle or brown sugar if you can't get carob syrup.
- Heat oven to 80 degrees while mixing switch off and put bread in for 10 minutes to speed up rising. Take out and keep in warm place while oven heats to 225 degrees.