



HEARTY FOUR-GRAIN BREAD



For 1 tin loaf, approx. 25 slices

INGREDIENTS, DOUGH:

200 g wholegrain rye flour
500 g wholemeal wheat flour
2 sachets dry yeast
1 tbsp honey
Approx. 250 ml water, lukewarm
Approx. 250 ml buttermilk,
lukewarm
2-3 tbsp linseeds
2-3 tbsp sesame seeds
2-3 tbsp sunflower seeds
shelled
1-2 tbsp pumpkin seeds shelled
½-1 tbsp salt
1-2 tbsp bread spice

IN ADDITION:

Oil for greasing the baking tray
Flour for dusting

ACCESSORIES:

Universal pan

NUTRITIONAL INFORMATION:

113 kcal, 19 g carb, 2 g F, 5 g P

PREPARATION:

Mix the two types of flour with the yeast in a large bowl. Add all other ingredients and knead the dough well. Allow the dough to prove in a warm place until the volume has doubled.

Knead the yeast dough and form it into a loaf. Grease the universal pan and dust it with flour, then place the dough into the pan. Cover the pan and allow to prove for a further 15-20 minutes.

Using a sharp knife, score diamond shapes into the risen loaf and prick several times with a cocktail stick.

TIP:

If you are using wholemeal flour, you will need to add a little extra liquid and leave the dough to prove for slightly longer. Toast the seeds in a frying pan without oil in advance.

SETTING PROCEDURE:

Volume of water in tank: 220 ml
Universal pan, level 2
3D hot air, 220 °C
Added steam, high
Baking time: 15 minutes
Final baking:
3D hot air, 180 °C
Baking time: 35-40 minutes