

Granary Seed Bread

[à la James Hollingsworth]

Ingredients

about 2 lbs strong wholemeal flour (malted if possible) I use 'Dove's Farm Malthouse Flour'
(2 ounces cracked wheat grains or similar (if not in flour - nb they are in 'Malthouse'))
2 ounces Hemp seed (Recently I've started using 2 ounces of 'Hemp Flour' instead of whole seeds and substituting Pumpkin Seeds for the crunch factor)
2 ounces Sesame seed
2 ounces Linseed (soaked in hot water*)
(3 teasp Malt Extract if there's no malted flour, otherwise use just 1 teasp for the yeast**)
1 1/2 or maybe 2 teasp salt (for dough mixture) + see below***
1/2 pint milk (preferably slightly "off") + 1/2 pint hot water **
2 teaspoons dried yeast + about 2 fl oz (50 ml) warm (blood temp) water to activate**
2 tablespoons oil

Toasted Sesame Oil (and poppy seeds?) for crust ***

I get all the above in Harvest on Gloucester Road, Bristol. Health Foods shops generally will have most of the above, yes, even Holland and Barrett.

* put the linseeds into a cup, then add enough hot water to mostly fill it up. Do this first then leave it to stand while you do other stuff. nb If this water is not added the loaf ends up rather dry as linseeds are very thirsty. Add the resulting sticky gloop to the rest when you mix in the water and oil (stage 4).

** use 1 teasp of Malt extract when activating the yeast instead of sugar or honey. Dissolve malt extract in a little near-boiling water, then add cold water to bring the temp down for the poor little yeasts. The other 2 teasp of extract can be dissolved in the hot water before adding the milk if there's no malted flour.

***For the upper crust - drizzle 1 teasp of toasted sesame oil, sprinkle a little more salt and scatter with sesame seeds (&/or poppy seeds. Sunflower seeds maybe? I also scatter a pinch of fennel seeds). With a few teasp water (or more), use the back of a large spoon to cream this mixture over the surface of the crust before rising - this stops the seeds spraying on the floor when you slice, bite into or walk past the baked loaf. It tastes mighty good too. I did experiment with adding honey to this crust mixture, but though it tasted great, the honey burns too quickly.

Doings

1. Prepare linseeds as above*.
2. Prepare the Yeast, as above**. The yeast is ready when the mixture is a mass of bubbles trying to climb out onto the work-top.
3. Measure out other ingredients. Sieve the Flour. Hemp seeds are good raw, but sesame seeds are a bit squeaky.
4. Mix it all together in the mixing bowl
5. Put the oven on if you're going to use it to warm the rising dough (on top of the hob). Use a lower heat first: 165 C ; Gas Mark 3.
6. Grease Tins.
7. Knead for 10 mins. It's hard work but it's worth it. The idea is to 'develop the gluten'. Gluten is a protein in the flour that is elastic, but starts out in globules. Kneading stretches the gluten into strands that knot and tangle and therefore trap the Carbon dioxide produced by the yeast. Turn the mixture repeatedly round on itself by digging down the side of the bowl and lifting it up one side and folding it over the rest. Turn the bowl 90° and dig down again. Keep going. I kneed in the bowl with a strong wooden spoon. Hands are good, but forget answering the phone or changing a cd while you're kneading by hand.
8. Divide mixture into 2 oiled tins - nb. the rising process will double the size of the dough - so bear this in mind when measuring out dough into the tins. I usually put any excess dough into old humous tubs and allow to rise before putting them into the freezer: handy freshly-baked bread rolls - nb knock them out of the tubs before they thaw!
9. Do the crust, as above***

10. Leave to rise, uncovered (the wet crust won't dry out), in a warm place, eg on the hob? about 30 mins or until sufficiently risen.
11. Raise oven temp to 220 C, Gas Mark 7
12. Bake for 30 - 35 mins (For two loaves using the above quantities - smaller loaves need slightly less time, give them 20 minutes and have a look)
13. Take out of the oven and leave for 10 mins before removing from tins - this gives the bread time to sweat and loosen its hold on the tins - you will need to loosen the sides with a knife, maybe twist the tins, bang the bottom (of the tins), curse and struggle with them to remove the loaves without leaving half of them stuck to the metal. As you use your tins more, they will season and become less sticky. I don't like "Non-Stick" pans as Teflon will flake off when a metal knife is so much as waved in its general direction - but you might like them.
14. Put loaves upside down on a baking sheet or grill pan, and fling back in the oven for 5 mins. This browns the base.
15. Cool on a wire mesh.

Notes on seeds and nutrition: I use a measuring jug to measure everything - the 2 oz of seeds I refer to in the ingredients list is measured up against the markings for Flour. It probably isn't 2 oz really, since the seeds have a different density to flour, but then again, who cares? It's close enough. Linseeds are full of Omega oils. Pumpkin seeds are good too (lots of iron), but they tend to burn if you use them on the crust. Sunflower seeds (good for Magnesium, Selenium & Folate) are better for the crust but I find they don't taste so good as part of the main loaf. Hemp seeds are full of Essential fatty acids, Sesame seeds are rich in Zinc.

Good luck!