



Seeded Soda Bread

Prep Preheat oven to 205C

	Method	Ingredients
1	In a small bowl combine and set aside	2 1/2 tbs Pumpkin Seeds 2 1/2 tbs Sunflower Seeds 1 tsp Fennel Seeds
2	In a large mixing bowl combine	250g spelt flour 250g all all purpose flour 2 tsp baking soda 1 tsp salt
3	Stir in 2 tbs of the mixed seeds.	
4	Make a well in the centre and pour in	400ml buttermilk
5	Stir until the dough just comes together and then knead lightly for about 1 minute, just long enough to form a ball.	
6	Place on a lined baking tray and cut a cross in the top with a serrated knife.	
7	Brush with a little buttermilk and sprinkle on the remaining seeds, pushing plenty into the cracks you cut.	
8	Bake for 35-40 mins on the middle rack.	

Notes The original recipe also added 2 1/2 tbs each of sesame seeds, poppy seeds and flaxseeds. I use whatever I have in the house.

Original recipe from: Heidi Swanson of 101 Cookbooks



Flourless Nut and Seed Loaf

Method	Ingredients
1 Mix in a large bowl	1 1/2 cup oats 1/2 cup linseeds 1 cup sunflower seeds 1/2 cup hazelnuts 1/2 cup almonds 2 tbs chia seeds 4 tbs psyllium husks 1 tsp salt 350ml water 1 tbs maple syrup 3 tsp oil
2 Fill it into a baking tin and let it rest for 2 hours in a warm place. Bake for 20 mins at 180C.	
3 Tip out of the tin and bake the loaf for another 40 mins.	

Notes This bread is very dense. Best sliced thinly. I like it with jam or cheese.



No Knead Bread

Prep This recipe goes over two days.
On day two: Preheat oven to 260C.

	Method	Ingredients
1	Mix together in a large bowl	500g flour 1/3 tsp active dry yeast
2	Stir in	1 2/3 tsp salt
3	Cover with plastic wrap and leave to rise for 20 hours.	2 cups water
4	Pour dough onto a floured surface. Fold over a few times and shape into a ball.	
5	Sprinkle onto a towel	2 tbs oat bran
6	Place dough ball (ugly side down) onto towel.	
7	Fold over edges and leave to stand for 2 hours.	
8	Just before baking place a castiron pot with lid in the oven to heat up.	
9	Take out the pot and place loaf inside, bran side up.	
10	Bake for 30 mins, lid on, then 15 mins, lid off.	

Times that may work well:

8pm mixing,

4pm folding,

6pm baking.

Notes You can add 1 1/2 cups olives (padded dry, chopped) into the mix at step 1.
I like to use 250g wheat flour and 250g rye flour.

Original recipe from: www.macheesmo.com