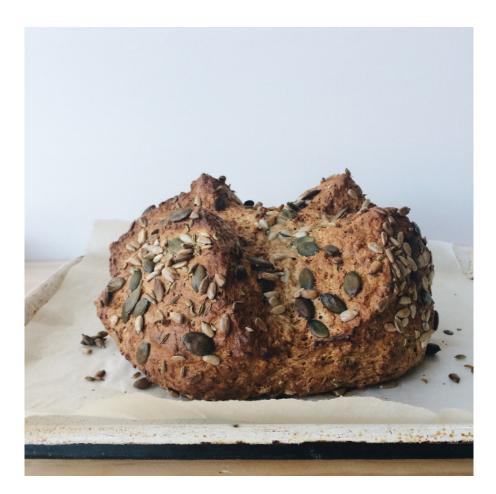
cook more with less.





## Seeded Soda Bread

rep	Preheat oven to 205C		
	Method		Ingredients
		2 1/2 tbs	Pumpkin Seeds
1	In a small bowl combine and set aside	2 1/2 tbs	Sunflower Seeds
		1 tsp	Fennel Seeds
	In a large mixing bowl combine	250g	spelt flour
2		250g	all all purpose flour
2		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
	Stir until the dough just comes together and then		
5	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.		
	Brush with a little buttermilk and sprinkle on the		
7	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 1/2 cup 1 cup 1/2 cup 1/2 cup 2 tbs 4 tbs 1 tsp 350ml 1 tbs	linseeds sunflower seeds hazelnuts almonds chia seeds psyllium husks salt water maple syrup
2 Fill it into a baking tin and let it rest for 2 hours in a warm place.	3 tsp	oil
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.

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

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