

Whakaipo Lodge Breakfast Bread



Baking bread doesn't get any easier (or tastier) than this! No kneading, so quick & healthy and it tastes fantastic. This bread stays fresh for several days and makes excellent toast & fresh sandwiches or to serve with salmon or trout.

Try it: You'll never buy supermarket bread again.

2 cups boiling water	4 tsp honey
2 cups cold water	6 tsp dry yeast granules
450gm (3 cups) wholemeal flour	310gm (2 cups & 1 Tbsp) hi-grade (strong) white flour
3 tsp salt	
2 cups sunflower seeds	
Topping: 4-5 tbsp of pumpkin or sesame seeds, or your favourite seeds	

Preheat the oven to Fanbake 80C (176F) and grease & line two 10cm x 25cm (10") loaf tins with baking (parchment) paper.

In a large bowl, mix the boiling water with the honey to dissolve. Add the cold water & then sprinkle over the yeast and put to one side for 10 minutes until frothy.

In a separate bowl, mix all the dry ingredients - wholemeal & hi-grade white flour, salt & sunflower seeds (except topping) until well-mixed.

Whisk the yeast mixture then add the dry ingredient mix and stir with a large spoon until evenly combined. (The mixture will be a very loose, wet batter.)

Divide mixture between prepared loaf tins, spread evenly and flatten the top. Sprinkle seeds onto each loaf. (I usually make one with sesame seeds and one with pumpkin seeds.)

Bake for 20 minutes at Fanbake 80C (176F) then turn up the oven to Fanbake 210C (410F) and bake for a further 30-35 minutes or until well-browned. Turn out of the tins while still hot and leave to cool on a rack. Enjoy!

Tips & Tricks

* You can make the ratio of wholemeal to hi-grade (strong white) flour equal: 380gsm (2 3/4 cup) each. See what you prefer.

**We also use the left-over bread (if there is any!) thinly sliced, cut in half, thinly coated with rice bran oil spray and baked until golden as a base for many of our canapés.

***We have successfully altered the basic recipe above for **Raisin & Rye Bread** – use 420gm rye flour & 340gm wholemeal flour, 2 Tbsp gluten flour and two cups of raisins instead of the sunflower seeds. Try your own variations...