



Super Seedy Bread Loaves and Savoury Flowerpots.



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Seedy Dough

Super tasty, super healthy, seed laden loaves.

Dry Ingredients

2 t active Dry Yeast
3 C (450gms) White Bread Mix

1 T Honey
1-1½ C assorted "Seeds"

Sunflower seeds, 4-seed mix, Malted wheat flakes, Pepitas, Rolled oats, Buckwheat kernels etc

Liquid

350-400gms really, warm water
2 T good quality oil

Dry Ingredients

2 t dry Active Yeast
3 C (450gms) Unbleached Bread Flour
2 t Bread Improver

1½ t salt
1 T Honey
1-1½ C assorted "Seeds"

Liquid

350-400gms really, warm water
2 T good quality oil

To Make the Dough

1. Place all the dry ingredients, including the seeds, into a mixing bowl, stir well.
2. Pour in the warm water, and stir to make a dough.
3. Add more liquid if needed to bring the dough together, but make the dough very sticky.
4. Scrape the dough out onto a floured bench and knead for 30 secs to a min, until it forms a smooth ball.
5. Return to the bowl, cover with a freezer bag. Cover the bowl well and leave to rise until double in size.
6. Tip the dough out onto a floured board.

To Make Farmhouse Loaves and Tiny Loaves.

1. When the dough is risen, tip out onto a floured surface.
2. Cut up to ⅓ of the batch of dough and shape into ball, spritz with water and roll in any seeds you like.
3. Place into a Farmhouse/Pullapart tin, slash a line down the centre of the dough.
4. Cut the rest of the dough into 6-8 pieces and shape into mini loaves.
5. Coat with seeds as above, place in greased mini loaf tray.
6. Spray with water and leave to rise to double in size.
7. Bake in a hot oven, until golden, approx. 20 mins for small loaves, 30 mins for large loaves
8. Tip out onto cooling racks to cool.

Instructions for Using a Pipe or Tank Loaf.

1. When the dough is risen, tip out onto a floured surface.
- 2.
3. Knead and roll the dough into a log the length of the tin.
4. Place the dough into one of the lightly greased pipe/tank tins. Tin should be about half full, if too much dough, make a couple of bread rolls with the spare dough.
5. Spray the dough with water. If liked, sprinkle with seeds.
6. Warm oven for about 1 minute on lowest setting then turn off.
7. Place the tin in warm oven for 15-20 mins. Remove tin and heat oven.
8. When the dough is risen to a dome well above the tin, grease the second tin and place on top of the first. Use a couple of small bulldog clips to hold the two halves together.
9. Put in the oven. Bake for 25-30 minutes.
10. Remove from the oven, undo clips, tip the bread onto a cooling rack.
11. If you want a really soft crust, wrap the loaf in a tea-towel to cool, before slicing and placing in a plastic bag.

To Make the Cheese and Bacon Flowerpots

Use about 1/3rd of a batch of dough to make 6 savoury flowerpots.

Extra Ingredients

2-3 slices shortcut bacon

3-4 spring onions

1 C grated tasty/pizza cheese

Flavouring additions - Chilli and Red onion filling, Sundried Tomato & Olive filling or Capsicum and Apricot filling.

1. Roll the small piece of dough out to a rectangle.
2. Spread with a little of the flavouring mix.
3. Sprinkle a light amount of cheese, bacon and spring onions down the centre of the dough. Or you could brush with melted butter, then spread on vegemite and sprinkle with cheese.
4. Roll up tightly, on the long side, slice into 6 swirls.
5. Grease a flowerpot tray.
6. Pop the swirls into the flowerpots. Leave in a warm place for about 15-20 mins.
7. Bake for 20-25 mins, until golden and crunchy, tip out onto a cooling rack.
8. Great with soup and casseroles, on a picnic and in lunchboxes. Yummy.