

California Prunes Seeded Bread

by Peter Sidwell

Prep Time: 3-3½ hours
Cook Time: 30-40 minutes
Oven Temperature: 200°C (fan)
Makes: 1 loaf

Ingredients: 150g strong white flour
350g rye flour
7g dried yeast
10g salt
100g California Prunes
375ml water
150g flaxseeds



Here's How:

1. Mix the flours, salt and yeast together in a mixing bowl. Make sure the yeast and salt are on separate sides of the bowl before you mix it.
2. Blend the California Prunes and water in a blender until you have achieved a purée consistency.
3. Make a well in the centre of the flour, yeast and salt mix. Pour the purée into the well and mix together to create a ball of soft dough. If your dough is a little bit dry, add a splash of water.
4. Transfer the dough onto a clean work surface and knead for 10 minutes until the dough is soft, smooth and stretchy.
5. Place the dough back into the mixing bowl and cover with cling film. Leave to prove for 2 hours.
6. When the dough has doubled in size, scoop out onto the work surface. Knead lightly for 5 minutes, then place the dough in a non-stick 2lb loaf tin and allow it to double in size.
7. Just before baking, heavily coat the bread in the flax seeds, or seed mixture of your choice. Bake in a pre-heated fan oven at 200°C for 30-40 minutes.

Serving Suggestion: