

'The Tinnners' Loaf

Makes two large loaves



Ingredients

40g	Linseeds
150g	Porridge Oats
300ml	Boiling Water
250g	Strong White Flour
300g	Cotswold Crunch, or a good quality granary flour.
200g	Wholemeal Flour
50g	Sunflowers
12g	Salt
8g	Dry Yeast
350ml	Warm Water

To Glaze:

20ml milk

Porridge oats

Method

- Measure the linseeds and porridge oats into a bowl, pour over the boiling water and mix
- Leave to absorb for about 10mins and cool slightly
- Add the flours, sunflower seeds, and salt to bowl
- Add the water to a jug at around 30°C, to this add the yeast and mix to dissolve
- Add this to the flour mix and mix until it's all combined and comes away from the sides of the bowl; this can also be done in a stand mixer.
- Tip out onto a work surface (no dusting required) and knead the dough for about 8-10mins. It's quite a sticky dough, this is normal.
- Place in an oiled bowl, cover and leave at around 25°C (if possible) for 1-1.5 hour or until it has at least doubled in size
- Once it has completed its first prove, tip out to a very lightly dusted work surface and knock back the dough

- Shape for a boule, batard or for a greased loaf tin, cover and leave to prove at 25°C for an hour to 1 1/2 hours
- Half an hour before baking preheat your oven to 200°C fan
- Brush the dough with milk, scatter on your oats and bake on the lower shelf of your oven for 20-25mins
- Remove from the oven and cool on a cooling rack.