

Buttermilk Seed Bread

Richly studded with seeds and nuts, this tasty whole-grain loaf is packed with nutrition. The recipe is easy because a simple overnight in the refrigerator eliminates the need for a preferment and kneading.

Yield: One loaf.

Timing: The night before baking, toast the seeds and mix the main dough, then refrigerate it overnight. The next day, remove the dough from the refrigerator about 7 hours before serving.



Dough

Ingredients	Volume	Grams	Ounces
Pumpkin seeds	2 T	18	0.7
Sunflower seeds	1 T	8	0.3
Walnuts, finely chopped	1 T	8	0.3
Chia seeds	2 T	21	0.7
Bread flour	2 C	280	10
Whole wheat flour	1 C	140	5
Instant yeast	$\frac{3}{4}$ tsp	2.4	0.08
Salt	1½ tsp	9	0.32
Buttermilk, cold	1¼ C	303	10.7
Water	¼ C	59	2.1
Honey	2½ T	50	1.8

Crust (optional)

Ingredients	Volume
Seeds, untoasted	to taste
Egg white	about 1 T

Equipment: Brød and Taylor Folding Proofer & Slow Cooker and a 9" x 5" / 23 x 13 cm loaf pan.

Toasting the Seeds. Measure or weigh the seeds and nuts and spread on a sheet pan, with the larger seeds around the outside and the smaller seeds in the middle. Toast lightly, about 5-7 minutes at 350 °F / 177 °C. Cool completely.

Mixing the Dough. Combine both types of flour, the instant yeast, and the salt and whisk to evenly distribute the dry ingredients. Add the buttermilk, water, and honey and mix until there are no dry spots remaining. The dough should have a soft, sticky consistency—add more water if necessary to get soft and sticky dough. Add the cooled seeds and nuts and fold into the dough until evenly distributed.

Retarding the Dough. Cover the dough and refrigerate overnight or up to one day.

Folding the Dough. Set up the Proofer with water in the tray and the temperature set to 81 °F / 27 °C. Turn the dough out onto a work surface and stretch and fold all four sides to the center, then stretch and fold the four corners to the center.

Fermenting the Dough. Transfer the dough to a lightly oiled 2-quart / 2-liter container and place it in the Proofer to rise. After about 1 hour, perform one more eight-way fold, then allow rising until doubled, about 3 hours. When doubled, the volume will be a little over 8 cups, or about 2 liters.

Shaping the Loaf. When the dough has doubled, turn it out onto a lightly floured work surface and stretch and fold all four sides of the dough to create a square shape. Let it rest covered for 15 minutes. In the meanwhile, grease and flour the loaf pan and make sure that the Proofer tray still has plenty of water in it. To shape the loaf, place the square in front of you and fold the two top corners of the dough towards the center. Next, starting with the top triangular edge, roll the dough (jelly-roll style) towards you while also gently pushing it away from you so that the outer skin is tightened. Pinch the seam to seal and place the loaf seam side down in the prepared loaf pan.

Proofing the Shaped Loaf. Place the loaf in the Proofer, still set to 81 °F / 27 °C and allow rising. It is ready to bake when it has risen well above the edge of the pan and springs back slowly when gently poked with a finger, about 1¾ hours.

Preheating the Oven. Preheat the oven to 400 °F / 204 °C.

Glazing and Topping the Loaf. If desired, brush the top of the loaf with lightly beaten egg white and sprinkle untoasted seeds over top.

Baking the Bread. Place the loaf in the oven and reduce the temperature to 350 °F / 177 °C. Bake for about 40 minutes, turning halfway through baking to facilitate even browning. When done, the internal temperature of the loaf should be at least 200 °F / 93 °C and the top should be golden brown. Cool, unmold, and enjoy.