



1. Lightly grease a large bowl with oil and set to one side. In a large clean bowl (not the greased bowl), add the strong white flour (**bag 1**), caster sugar and salt (**bag 2**), and yeast (**bag 3**). Mix until combined.



2. Add 150ml of lukewarm water (if you have a thermometer this is about 40°C), if the water is too hot, the dough will not rise. Using your hands or a wooden spoon combine the mixture.



3. Add the wholemeal flour (**bag 4**), and gradually add up to 200ml extra lukewarm water until a dough forms, you may not need all the water. If the dough is too dry, add a little more lukewarm water, 1tsp at a time.



4. Lightly dust a clean surface with flour (**flour for dusting**), saving at least 1tsp for later. Knead the dough for 8-10 minutes until it is smooth and elastic. Knead in $\frac{3}{4}$ of the pumpkin seeds (**bag 5**) and $\frac{3}{4}$ of the sunflower seeds (**bag 6**), until evenly distributed, reserving the remaining seeds for step 7. Place the dough into the greased bowl from step 1, cover with cling film or a tea towel and leave to prove in a warm place for 60-90 minutes or until doubled in size.



5. Line a tray with the provided baking paper and leave to one side. Check that the dough has proved by gently pressing a fingertip into the surface of the dough. If the dough springs back, the gluten hasn't reached its full capacity so can be left longer. If the dent from your finger remains, the dough is ready; if left any longer the air bubbles will start to collapse, resulting in a dense dough. When the dough has proved, tip out onto a clean surface. Knead for a few seconds until all the air is knocked out and the dough is smooth.



6. Gently shape the dough into a long oval, roughly 10cm wide by 25cm long, making sure the joins of the dough are underneath and the top is smooth. Position the dough in the centre of the lined baking tray. Cover loosely with cling film or a tea towel and leave to prove in a warm place for a further 20-30 minutes or until doubled in size again. Preheat the oven to 240°C/220°C fan/gas mark 9 and place an empty baking tray on the base of the oven.



7. Once proved, lightly brush the top of the loaf with water and sprinkle the remaining sunflower and pumpkin seeds onto the top. Very lightly dust the top with the reserved 1tsp of flour. Using a sharp knife make 3 diagonal scores, 1cm deep, on top of the loaf.



8. Put the loaf in the oven and tip 150ml of cold water into the empty tray at the base of the oven to create a steamy environment. Reduce the temperature of the oven to 220°C/200°C fan/gas mark 7. Bake for 20-25 minutes or until the top has turned a deep golden brown and the base sounds hollow when tapped. Leave to cool on a wire rack for at least 15 minutes before slicing.

TOP TIP

Toast a slice and top with smashed avocado, a poached egg, and season with some freshly cracked black pepper.

SKILL LEVEL	PREP TIME	BAKE TIME	MAKES
	25 MINS + 80 - 120 MINS PROVE	20-25 MINS	1

IN THE KIT

- Bag 1:** 250g strong white flour
- Bag 2:** 15g caster sugar, 12g salt
- Bag 3:** 12g yeast
- Bag 4:** 300g wholemeal bread flour
- Bag 5:** 50g pumpkin seeds
- Bag 6:** 50g sunflower seeds
- Flour for dusting:** 50g strong white flour

1 x A4 baking paper

VIDEO

[Bakedin.co.uk/pumpkin-sunflower-seed-bloomer](https://bakedin.co.uk/pumpkin-sunflower-seed-bloomer)

YOU WILL NEED

500ml water (150ml + 200ml + 150ml to add to the tray)
 Oil for greasing (vegetable/olive oil)

2 x baking tray

STORAGE

Once cooled this loaf can be stored in an airtight container or frozen. Store in the freezer for up to 3 months.

PUMPKIN & SUNFLOWER SEED BLOOMER

INGREDIENTS

Strong white bread flour: (**wheat** flour, statutory nutrients: calcium, niacin, iron, thiamin), wholemeal flour: (**wheat**), pumpkin seeds, sunflower seeds, caster sugar, salt (salt, anti-caking agent: sodium ferrocyanide), yeast (yeast, emulsifier (sorbitan monostearate)).

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1549kJ/368kcal
Fat	7.9g
of which saturates	1.1g
Carbohydrates	56g
of which sugars	4g
Protein	14.5g
Salt	1.6g

Allergens: For allergens see ingredients in **bold**.
 May contain: **milk, soya & nuts**.

Best before: see sticker. Store in a cool, dry place.

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