

SKILL LEVEL



PREP
35
MINS

PROVE TIME
80-120
MINS

BAKE TIME
30-40
MINS

MAKES
1

IN THE KIT

- Bag 1:** 300g strong white flour
- Bag 2:** 200g wholemeal rye flour,
100g strong white flour
- Bag 3:** 10g yeast
- Bag 4:** 15g dark brown sugar, 10g salt
- Bag 5:** 100g sunflower seeds

Flour for dusting: 50g strong white flour

1 x A4 baking paper

YOU WILL NEED

4 tbsp (60ml) sunflower oil, plus extra for greasing
3 medium eggs (2 eggs + 1 egg white)
260ml milk

1 x baking tray

STORAGE

Once cooled, store in an airtight container in a cool, dry place. Alternatively, store in the freezer for up to 3 months.

INGREDIENTS

Strong white bread flour (**wheat** flour, calcium carbonate, niacin, iron, thiamin), wholemeal **rye** flour (**wheat**), sunflower seeds (13%), dark brown sugar (sugar, cane molasses), yeast (yeast, emulsifier (sorbitan monostearate)), salt (salt, anti-caking agent (sodium ferrocyanide)).

Nutritional info	Per 100g (as sold)
Energy kJ/kcal	1560kJ/373kcal
Fat	7.9g
of which saturates	0.7g
Carbohydrate	59g
of which sugars	3.3g
Protein	13g
Salt	1.3g

Allergens:

For allergens see ingredients in **bold**.

May contain: **milk**, **soya**, **tree nuts**, **sulphites**, and other cereals containing **gluten**.

Best before:

See sticker.

Suitable for vegetarians.

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760g



Sunflower seed Boule





1. Lightly grease a large bowl with oil and leave to one side. In a clean large bowl (not the greased bowl), mix together the strong white flour (**bag 1**), wholemeal rye flour and strong white flour (**bag 2**), yeast (**bag 3**), and dark brown sugar and salt (**bag 4**).



2. Reserve 1 tbsp (10g) of the sunflower seeds (**bag 5**) for later. Mix the rest of the sunflower seeds into the dry ingredients. Add 2 eggs and 4 tbsp (60ml) of sunflower oil and mix to the texture of breadcrumbs.



5. Lightly dust a surface using some **flour for dusting**. Tip the dough out onto the floured surface, and knead for 8-10 minutes or until the dough is smooth, elastic, and no longer tacky. Put the dough in the greased bowl from **step 1** and cover loosely with cling film or a damp tea towel. Leave to prove in a warm place for 60-90 minutes or until doubled in size.



6. Line a baking tray with the provided baking paper. Once proved, tip the dough out onto a clean surface and knead for a few seconds to knock the air out. Shape the dough into a ball, tucking the edges underneath and making sure the top is smooth. Place the dough on the prepared baking tray.



3. Gently warm 260ml of milk until lukewarm (if you have a thermometer this is about 40°C). If the milk is too hot, the dough will not rise.



4. Gradually add the milk to the dry ingredients, and mix with your hand or a wooden spoon until it just forms a slightly tacky dough. You may not need all the liquid, however if the dough is too dry, add more milk 1 tsp (5ml) at a time.



7. Cover with cling film or a damp tea towel and leave to prove in a warm place for a further 20-30 minutes or until doubled in size. Preheat the oven to 180°C/160°C Fan/Gas Mark 4. In a small bowl, beat the egg white until frothy.



8. Once the dough has risen, with a sharp knife, make 3 scores on top of the boule, roughly ½ cm deep. Brush the top with the beaten egg white and sprinkle with the reserved sunflower seeds from **step 2**. Bake in the oven for 30-40 minutes, or until the loaf is golden brown and sounds hollow when tapped on the base. Transfer the loaf to a wire rack to cool for at least 20 minutes before slicing.

SERVING SUGGESTION:

This bread is perfect for a Reuben sandwich. Pastrami, Swiss cheese, sauerkraut and a tangy dressing, grilled together until the cheese melts and the sandwich is golden and crispy.



FOR MORE INFO:

bakedin.co.uk/sunflower-seed-boule