



Seeded Whole Wheat Bread

Dough Ingredients

- ½ cup (70g) mixed seeds, such as raw pumpkin, raw sunflower, and sesame
- 2 ¾ cups (330g) whole wheat flour (I always use King Arthur white whole wheat)
- 1 cup (120g) all-purpose flour
- 1 tablespoon (9g) sea salt
- 1 tablespoon regular dry or instant yeast
- 1 ¼ cups (300ml) warm water (105 to 115°F)
- 2 tablespoons avocado oil, plus more for greasing the pan
- 1 tablespoon honey or maple syrup

Topping Ingredients

- 1 large egg
- 1 tablespoon water
- ¼ cup (35g) raw mixed seeds, such as pumpkin, sesame and sunflower

Instructions

Toast the seeds for the bread: Preheat the oven (I use my toaster oven) to 350°F. Spread the ½ cup mixed seeds into a single layer on a baking sheet and toast in the preheated oven for 3-5 minutes, until fragrant and light brown. I actually put the seeds in when I turn the oven on, and once preheated, they are ready. Set the seeds aside to cool a bit, or do this the day before you make the bread.

Mix the dry ingredients: In a large mixing bowl, whisk together the whole wheat flour, all-purpose flour, toasted seeds (it's okay if they're still warm), salt, and yeast.

Add the wet ingredients: Pour in the combined water, oil, and honey. Mix with a wooden spoon until the dough comes together into a rough ball.

Knead the dough: Scrape the dough onto a lightly floured surface. Knead by hand for 10 minutes until smooth. At first, the dough will seem too sticky, but it will become more manageable as you knead it. Try not to add much flour. If the dough sticks to your hands or the countertop, let it be and reincorporate it into the dough once the dough loses some of its stickiness.

Full disclosure: I used a dough hook on my stand mixture and kneaded it for six minutes. Then I hand-kneaded it for a minute with maybe an additional teaspoon or two of flour.

First rise: Shape the dough into a taught ball. Grease a clean bowl with a thin layer of avocado oil and place the ball of dough in the bowl. Cover with a towel and leave it in a warm place to rise for about one hour or until roughly doubled in size.

Shape the dough: Grease an 8-inch loaf pan with oil and set aside.

Lightly dust a clean work surface with a teaspoon or two of flour. Place the dough upside down on the surface so the smooth side is facing down. Gently press and stretch the dough to shape it into a square the same width as the bottom of the loaf pan. Roll the dough into a log and pinch the seam. Place the loaf in the greased pan.

Make an egg wash by beating an egg and one tablespoon of water in a small bowl with a fork. Brush the top of the loaf lightly with the egg wash. Sprinkle the top with 1/4 cup of untoasted mixed seeds.

Proof: Cover the pan loosely with greased saran wrap. Leave it in a warm place to rise for 30 minutes or until the dough reaches the rim about one inch above the rim in an 8 1/4x4 1/2-inch pan.

Meanwhile, preheat the oven to 350°F with the shelf mid oven

Bake the loaf in the hot oven until it's golden brown, 40-50 minutes. If you have a digital thermometer, the loaf is done when the interior reaches 190°F.

After five minutes, run a knife around the edge of the pan, remove the loaf from the pan, and set it on a rack to cool. Let it cool completely before slicing.