

Casserole Seed Bread

Perfect for dipping in soup or serving with a selection of cheese

Serves: 4-6

Cooking Time: Under 1 hour

Difficulty: Average

Main ingredient: Flour

Ingredients

500g T55 flour or 00 flour

300-400ml lukewarm water

20g of fresh baker's yeast or 6g instant dry yeast

1 Tbsp of salt

200g mixed seeds (flaxseeds, sunflower, poppy, sesame)

Method

In a mixer fitted with a dough hook, combine 150g of the mixed seeds with the flour, then add the water, salt and yeast. Add the water gradually while the mixer is on. Knead until a soft dough is formed – add a little more water if required

Place the ball of dough in a bowl, cover it with a damp towel and allow it to prove in a warm place until it has doubled in volume. Remove from the bowl and place on a floured surface, knock back and form the dough into a ball

Lightly grease your Le Creuset 24cm Cast Iron Casserole with oil and place the dough inside. Brush the surface of the dough with oil and cover with the remaining seeds. Using a sharp knife, score a cross on top

Cover the dough with your casserole lid and prove again in a warm place for 1 hour. Preheat your oven to 200°C

Place your casserole in the oven and bake for 30 to 40 minutes uncovered until golden brown. Place the bread on a wire rack to cool

Enjoy with a selection of goat's cheese accompanied by walnuts, dried apricots, dates, and pumpkin seeds