



GERMAN 'PUMPERKNICKEL' STYLE BREAD

Line the base and sides of a 2lb loaf tin approx. L22xW11xH8cm with baking paper leaving an overhang on two ends. You want to line the sides a bit higher than the tin.

What you need:

130g brown rice flour	2 x size 7 eggs @ room temperature
80g buckwheat flour	310ml water
60g quinoa flour	20ml blackstrap molasses
60g tapioca flour	20ml rice bran oil or similar
80g cornflour (maize)	1 level TBS chia seeds + 3 TBS water
2 ¼ tsp guar gum	Seed Mix: 1 dsp sesame seed,
2 tsp caraway seeds	1 dsp pumpkin seeds, 1 dsp sunflower
1 tsp fennel seeds	seeds (optional)
1 tsp salt	1 extra tsp fennel seeds
3 level tsp active dried yeast	
1 level TBS dark cocoa powder	
2 tsp instant coffee + 1 TBS hot water	
2 tsp apple cider vinegar	

To Make:

In a small bowl add the chia seeds plus the 3 TBS of water, stir and set aside for 10 minutes. In another small bowl mix the coffee and warm water, set aside. Next measure the flours, gum, yeast, salt, cocoa powder and the first measure of caraway seeds and fennel seeds into a large container with a lid. Secure the lid and give it a good shake to thoroughly mix together. Tip the flours into a large bowl, make a well in the centre and set aside. In a separate bowl add the eggs, oil, molasses, coffee mix and vinegar and whisk together. Measure the water into a microwave proof jug, heat on high for 35 seconds. Next add the warm water, egg mix and chia seed mix to the dry ingredients then using hand held electric beaters whisk together for about 20-30 seconds. Now using a wet spatula scoop the dough into the tin and with wet hands smooth the surface of the dough. Spritz the top of the dough with a little cold water and sprinkle with the extra fennel seeds (and seed mix if using) then gently press down. Cover with a clean tea towel then leave in a warm place (I usually put it in the pantry) for about 15-20 minutes. While the dough is rising heat the oven to 180°C. Bake in the centre of the oven for 35-40 minutes (ovens will vary). The bread is ready when you tap the bottom of the tin and it sounds hollow. Straight away gently lift it out of the tin onto a cooling rack. Leave until completely cold before cutting.

Tip: Great for sandwiches, toasted or as part of a cheese and meat platter. And it freezes well. I cut the loaf, separate the slices before wrapping and freezing. If I don't have quinoa flour I grind quinoa in the coffee grinder to fine texture. Works a treat.