

Walnut Bread

You will need:

- 3 3/4 cups whole wheat flour
- 3 1/3 cups white bread flour, plus extra for dusting
- 2 tbsp. sesame seeds
- 2 tbsp. sunflower seeds
- 2 tbsp. poppy seeds
- 1 cup walnuts, chopped
- 2 tsp. salt
- 2 tsp. dry active yeast
- 2 tbsp. olive oil
- 3 cups lukewarm water
- 1 tbsp. melted butter or oil, for greasing

1) Mix together the flours, seeds, walnuts, salt, and yeast in a large bowl. Add the oil and water and stir well to form soft dough. Turn the dough out onto a lightly-floured surface and knead well for 5-7 minutes, until smooth and elastic.

2) Return the dough to the bowl, cover with a damp dish towel, and let stand in a warm place for 1 hour, until doubled in size. Turn out onto a floured surface again, and knead one more minute.

3) Grease two loaf pans with the butter or oil. Divide the dough in half. Shape each piece by rolling out the width of the pan and three times the length. Fold over three times and place in the pan seam side down. Cover and put in a warm place to rise for 30 minutes.

4) Meanwhile, preheat the oven to 450°F. Bake the loaves on the center rack for 25-30 minutes, until golden brown.

Reduce heat to 425°F if they're browning too quickly. Transfer to a wire rack to cool.