

Bread - English

This is an approximate recipe, and you can use whatever you want to. Wheat flour is important. You can use dry yeast (25g bag), or fresh yeast (50g).

Need:

- Big bowl for mixing
- Two bread forms for the oven
- headed floor or area to put the breads for rising

Ingredients

- 1 - 1,2 liter "sifted" (fine) wheat flour
- 2 ss. fine or course rye flour
- 2 ss. fine or course barley flour
- 3 ss. large or small oat grains
- 2 ss. Wheat Bran
- 1 ts. salt
- 1 ss. sunflowerseeds (for baking)
- ½ ss sesame seeds
- ½ ss linseeds
- 1 ss. crushed wheat grains
- 25 gr. dry yeast, or 50g fresh yeast
- 1 medium carrot, grated
- 0.5 - 1" thick cheese. (Norvegia preferred, might work with Swiss cheese)

Mix all the dry stuffs, add 0.5 - 0.65 liters of lukewarm water, knead until the dough seems firm. Note, it is better to use too cold water, than to warm. Add some more wheat flour or water if needed.

Put the dough somewhere warm to rise for 45-60 minutes, or until double size. Cover the dough with e.g. a kitchen towel to protect the dough from draft.

Prepare the breadforms while the dough is rising. Grease these using butter or margarine. You can also sprinkle some flour to make the breads easier to extract from the forms.

The finished "risen" dough, is kneaded carefully and split into two parts, one for each bread form. Should cover approx 1/2 to 3/4 of the height of the forms.

Set these back to rise for approx 30 minutes. preferably warm on the grate that you will be baking them on in the oven. again, cover them with a kitchen towel to protect them from draft.

Put the oven on 175 degree centigrade (350 F)

When the dough is properly risen, place the entire grate in the oven, and remove the kitchen towel after they have been inserted into the oven.

Let them bake in the oven for 55-60 minutes.

Take the finished breads out of the forms, to avoid them getting moist while cooling.

Eat while somewhat warm, with salted meats, goatcheese or white cheese.

Abbreviations and units:

- ts = teaspoon (small spoon)
- ss = normal "soup spoon"
- g/gr gram