

No-Knead Seeded Sandwich Bread

Pete Matthews Jr - <https://3nt.xyz> - © November 28, 2024

Ingredients – about 2¼ lb (1 kg) loaf			
Water Mix			
500 g	Water	(95 to 100°F)	
3 g	Yeast	(instant or bread machine, not active dry)	
6 or 12 g	Salt	(table, not coarse)	
15 g	Sugar	(granulated)	
Flour Mix			
350 g	Bread flour	400 g	Use up to these amounts for denser bread.
100 g	Whole wheat flour	125 g	
75 g	Coarse wheat bran		
15 g	Flax seed – milled		
15 g	Flax seed - whole*		
15 g	Sesame seed*		
30 g	Sunflower seed*		
Coatings			
10 g	Flax seed - whole*		
10 g	Sesame seed*		
10 g	Sunflower seed*		
Pinches	Corn Meal		

* Measure each ingredient twice, at the same time.

Recipe decision:

1. As stated, the seeds *replace* part of the 600 grams of flour in the basic recipe. This makes a lighter loaf (1034 g = 2.28 lb).
2. The higher amounts of flour have seeds *in addition*. This makes a heavier, more dense loaf.

Notes: *Sprinkle* the yeast. During the final rise, preheat the oven to 400° F (no fan). When done, the bread should test 190 to 200° F. Bake 30 minutes with the cover on; continue baking uncovered, to brown the top: 8 minutes produced a 199° F light loaf; 15 minutes has worked many times for heavy loaves.

For details, see “3-Hour Sandwich Bread in a PMDO” on the website at:

[HTTPS://3NT.XYZ](https://3nt.xyz) > Ideas > Food & Drink