

HEARTLAND COOKING

From the Kitchen of: Marcia Adams

Sunflower Seed Bread

makes 2 loaves

"This is a delightful bread; nutty flavored and studded with sunflower seeds, it does need three risings, so plan accordingly."

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| 1 ¹ / ₄ cups lukewarm water | 1/4 cup vegetable oil |
| 1 package active dry yeast | 1 teaspoon salt |
| 2 tablespoons sugar | 2 cups whole wheat flour |
| 1/4 cup maple syrup or honey | 2 cups unbleached all-purpose flour |
| 1/2 cup buttermilk | 1 cup toasted sunflower seeds |

In a mixer bowl, combine the water, yeast, and sugar; let the mixture stand for 10 minutes. Stir in the maple syrup or honey, buttermilk, oil and salt. Add the flours and the sunflower seeds and combine well. The mixture will be sticky and moist. Cover with a tea towel and let rise in a warm place for an hour.

Punch down and turn the dough into a floured surface and knead for 10 minutes (or use the dough hook attachment on your mixer). Form into a ball. Oil the bowl and the top of the dough. Return the dough to the bowl, cover with a tea towel and let rise again for 30 to 45 minutes.

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Over ...

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Sunflower Seed Bread continued ...

Punch down and divide the dough into 2 equal parts, form into loaves and place into two 8³/₄ x 4³/₄ inch greased bread pans. Cover with a tea towel and let rise for 45 minutes. Preheat the oven to 375° F. Bake loaves for about 30 minutes, or until they sound hollow when tapped and the crusts are a deep golden brown. Allow to stand for 5 minutes, then tip out onto a rack to cool.



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