



## OLIVE COB

### Ingredients to make one small cob

#### Olive paste

80g pitted black olives (washed & dried off)  
4g olive oil  
pinch of taragon & oregano or rosemary, to taste

200g warm water  
5g dried yeast or 10g fresh yeast  
6g olive oil  
140g strong white flour  
140g wholemeal spelt flour  
40g fine rye flour  
10g salt

### Method

Stir the yeast into the warm water until it is dissolved.

Mix the spelt flour, strong white flour, rye flour and salt in a bowl large enough to allow the dough to double in size.

Mix in the liquid until you have a sticky dough then add in the olive oil.

Knead the dough energetically for roughly 10 minutes until it is smooth and springy.

Put the dough in a lightly oiled bowl in a warm place covered with a cloth for one hour.

Now process the olives, herbs and olive oil in a blender to get the texture you like.

Knock the dough back, i.e. gently punch all the gas out of it, and flatten it out.

Spread the olive paste on the dough then knead till the paste is mixed in thoroughly.

Let the dough rest for 10 minutes then shape it into a lozenge shape and put it on a floured cloth in a suitable sized basket.

Flour the shaped dough liberally, then make one cut down its length.

Put the loaf in a warm place to prove for approximately 45 minutes.

Turn out carefully onto a floured tray and bake at 180°C for 45 minutes.

Alternatively prove the bread in the fridge at 4°C overnight. In the morning put the cob in a warm place for 20 minutes while the oven warms up, bake as above for breakfast.

Cool on a wire rack covered with a cloth for a few minutes then serve warm.

### Serving

This bread keeps well. Serve it with soup or vegetable dishes.

