



WALNUT COB

Ingredients to make one cob

Walnut paste

25g walnuts

25g honey

pinch of fine salt

10g melted & browned butter

125g warm water

4g dried yeast or 6g fresh yeast

120g strong white flour

110g wholemeal spelt flour

20g fine rye flour

4g salt

50g coarsely chopped walnuts

Method

Blend the walnuts, honey, salt and butter until the paste is smooth.

Stir the yeast and walnut paste into the warm water until everything is dissolved.

Mix the spelt flour, strong white flour, rye flour and salt in a large bowl.

Mix in the liquid until you have a sticky dough.

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

Put the dough in the lightly oiled bowl in a warm place covered with a cloth for one hour. Knock the dough back, i.e. gently poke all the gas out of it, and flatten it out.

Spread chopped walnuts on two thirds of the dough, fold over in thirds then roll it up.

Let the dough rest for 10 minutes then shape it into a round shape and put it on a well floured cloth in a suitable sized basket or bowl, smooth side down to prove in a warm place for 45 minutes. It is a good idea to slide the basket/bowl into a loose plastic bag so that the dough doesn't dry out during proving.

Empty the dough carefully onto a floured baking tray. Dust the top liberally then cut the top of the loaf to allow it to rise easily. Bake in a pre-heated oven at 180°C for 40 minutes. Cool on a wire rack covered with a cloth for a few minutes then serve warm.

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

Serving

Good with cheese, great just on its own.