



WALNUT COB

Ingredients to make one cob

Quick sponge

80g strong white flour
4g dried yeast or 6g fresh yeast
80g warm water

Walnut paste

25g walnuts
25g honey
pinch of fine salt
10g melted & browned butter

Remaining ingredients

170g warm water
190g strong white flour
40g wholemeal flour
20g fine rye flour
4g salt
50g coarsely chopped walnuts

Method

Mix the quick sponge ingredients, cover and set aside for 10 to 30 minutes. Meanwhile blend the walnuts, honey, salt and butter into a smooth paste. Weigh out the wholemeal flour, remaining strong white flour, rye flour and salt in a large bowl. Mix in the sponge and walnut paste until you have a sticky dough then knead the dough energetically for roughly 10 minutes until it is smooth and springy. Spread chopped walnuts on two thirds of the dough, fold the third which has no walnuts over the middle third, then roll it up. Knead briefly to distribute the nuts.

Put the dough in a moistened bowl in a warm place, covered, for one hour. Shape the dough into a round and put it onto a tray lined with floured baking parchment. Prove in a warm place for 45 minutes. It is a good idea to slide the tray into a loose plastic bag which has a spray of moisture in it so that the dough doesn't dry out during proving.

Dust the top with white flour 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.

Serving

Good with cheese, great just on its own.

