



## RECIPE: WHOLEMEAL MULTISEED BLOOMER

**Makes: 1 Large Bloomer**

### Ingredients

250g Strong White Bread Flour

250g Wholemeal Flour

10g Salt

12g Fresh Yeast or 7g Dried Fast Action Yeast (one sachet)

350g Water (at room temperature)

100g Mixed Seeds (e.g. linseed, poppy, sesame, sunflower and pumpkin seeds)

### Method

#### Making the Dough

1. In a large mixing bowl weigh your flours and salt. If using dried yeast, add this straight to the bowl but if using fresh yeast, stir this into the water first to dissolve.
2. Add the water to the bowl and mix everything together.
3. Tip the dough out onto a clean surface and knead well for 8 minutes - don't add any extra flour at this point, just keep scraping up the dough every once in a while if it's sticking (see Tip below).
4. Now dust the surface lightly with flour and gently press and flatten out the dough. Sprinkle over 75g of the seeds, roll up the dough like a Swiss roll to fully enclose the seeds then continue to knead for a few more minutes to evenly distribute them through the dough.
1. Shape the dough into a ball and place it back in your mixing bowl. Dust with a little flour, cover with a clean cloth and leave to rest at room temperature for 60-90 minutes.

#### Shaping

1. When the dough has puffed up nicely, dust the work surface with a little flour and use your dough scraper to loosen the dough and turn it out upside down - you want the dry top of the dough to now be underneath, directly on the floured surface. This will help you get a lovely rise on your loaf.
2. Press gently all over with your fingertips to flatten it out into a rough circle.
3. Shape the dough as you would for making a loaf. The trick is to make sure you keep tension on the top of the loaf. Gently pull the dough at the 10 and 2 o'clock positions and fold these two corners inwards to create a capital A shape (narrower at the top than the bottom). Take the narrower top edge and fold this over itself, then roll this down towards the bottom longer edge,

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keeping the roll tight as you go by pushing each roll gently with your thumbs. Press the seam edge into the dough and roll so the seam is underneath.

#### Final Proof

1. Gently lift the shaped dough onto a lined baking tray. Lightly spray or brush the top with water and sprinkle over the remaining 25g seeds. Cover with a cloth and leave to prove for 45-60 minutes.
2. Preheat your oven to 220°C/Fan 200°C/Gas Mark 7. Place a deep roasting tin in the bottom of the oven to heat up.

#### Baking

1. Just before baking, boil the kettle.
2. The dough should have risen nicely and still have a light bounce when pressed gently. Make a few slashes on the top of the dough with a grignette or sharp knife and put the tray in the oven.
3. Carefully pour a few centimetres of water from the kettle into the hot roasting tin in the bottom then quickly shut the door to trap the steam.
4. Bake for 35-40 minutes. Transfer to a wire rack to cool completely before slicing.

#### Tips from me...

Useful videos relating to this recipe:

- [Bread Tip #136: What is Wholemeal/Wholegrain/Wholemeal Flour?](#)
- [Bread Tip #123: Five Ways to Stick Seeds to Your Bread Dough So They Don't Fall Off](#)
- [Bread Tip #53: Shaping Up a Loaf, Baker Boy Style!](#)

This dough is made with 50% wholemeal and 50% white flour which means you still get a lot of a lovely light loaf. Use any mix of seeds you like, and once baked, the loaf can be frozen whole or in slices (if you can resist eating it all at once!).

I find weighing out liquids in grams WAY more accurate than measuring in volume. To do it, just place an empty jug onto your scales, make sure it is set to zero, and pour in the amount you need.

Dough scrapers are my go-to most useful piece of bread making kit. I use them for mixing the dough, cutting it, scraping out bowls, cleaning the table, LITERALLY everything. If you don't have one yet you can get yours at [bakewithjack.co.uk/shop](http://bakewithjack.co.uk/shop)