RECIPE

Whole-Wheat Seeded Loaf

A sandwich loaf of mostly whole-wheat flour with sesame and sunflower seeds through it and on top, risen only until double for a mile-high kitchen.

MAKES

12 slices US Metric

TOTAL

3 h

Ingredients

- [ ] 2 cups whole-wheat flour
- [ ] 1 ⅓ cups all-purpose flour
- [ ] ⅓ cup sesame seeds
- [ ] ¼ cup unsalted sunflower seed kernels
- [ ] 1 tsp instant yeast
- [ ] 1 tsp salt
- [ ] 1 tbsp maple syrup
- [ ] 2 tbsp olive oil
- [ ] 1 ¼ cups warm water (105 to 115 °F)
- [ ] 1 tbsp sesame seeds, for the top
- [ ] water, for brushing the top
- [ ] oil for the pan

Method

1. Stir the yeast and maple syrup into the warm water. Put both flours, the ⅓ cup of sesame seeds, the sunflower seeds and the salt in a large bowl or a stand mixer. Add the water and the oil and stir to a sticky dough.

2. Knead 8 minutes in the mixer, or 10 by hand, until the dough is smooth and springs back slowly when you poke it. Whole-wheat dough stays a little tacky. Our flour is dry up here, so if it feels stiff, work in 1 tablespoon of water.

3. Cover the bowl and let the dough rise 45 to 75 minutes. Stop as soon as it has just doubled. A rise at 5,300 ft runs fast, and an over-risen loaf collapses and bakes heavy.

4. Oil a 9-by-5-inch loaf pan. Press the dough into a rectangle about 9 inches long, roll it up from a short side into a snug log and pinch the seam shut. Set it in the pan, seam down.

5. Brush the top with water, scatter the last tablespoon of sesame seeds over it and press them on lightly.

6. Cover and let it rise 30 to 45 minutes, until the top crowns about an inch over the rim. Again, stop at just doubled. Heat the oven to 375 °F with a rack in the middle. In a glass or dark metal pan, set it to 350 °F instead.

7. Bake 35 to 40 minutes, using the time only as a guide. The loaf is done when it is deep brown and sounds hollow when you tip it out and tap the bottom.

8. Take it out of the pan right away and cool it on a wire rack, at least 1 hour before slicing, so the bottom does not go soggy.

9. Keep it in a bag at room temperature up to 3 days. For longer, slice it and freeze up to 3 months, then toast slices straight from the freezer.