

# Munch ON THIS



## **Bread Recipes**

*By Marcia Rae  
September 29, 2010*

I have been practicing my bread this week, and what I now know is that more heads are better than one. Using what I learned at the Brownsville Great Bread Bake Off, already my recipe has morphed – adding seeds, baking longer, lid off for extra crust crispness. I am looking forward to Tricia's and Bob's recipes to stir into the mix. Who knows what I will come up with next? Here is the winning recipe from Steve Posavatz --

"In a large ceramic or glass bowl, add 1 cup of sourdough starter to 2 cups high gluten (high protein) white flour, 1 cup whole spelt and 1 cup whole rye. Then stir in 3 cups of warm water and cover the bowl with a lid or plate. If you do not like your bread real sour then you can add the rest of the ingredients in a few hours when your sponge becomes frothy. I like my bread sour so I wait 24 and sometimes 48 hours.

The next day in a clean bowl mix

- 2 cups of whole red wheat flour
- 1/2 cup quinoa
- 1/4 cup amaranth
- 1/4 cup oat bran
- 2 tbsp buckwheat flour
- 2 tbsp coarse corn meal
- 2 tbsp flax seed
- 1 tbsp caraway seed
- 1tbsp fennel seed
- 1 tbsp poppy seed
- a handful of sunflower seed
- a handful of pumpkin seed

Then with a strong wooden spoon mix in 3 tsp salt. When well mixed, combine the two bowls and stir until homogeneous. Then cover until dough begins to expand, about one hour. All times are approximate depending upon starter and temperature.

Next, turn bread onto a floured bread board. Work in fresh white flour until the dough is workable. The dough is so full of fiber that kneading is somewhat irrelevant, but cut it in half and work it into two domes. Place the dough domes on a cornmeal sprinkled cast iron pan and fit a stainless bowl over each dome (dutch ovens with lids are perfect).

When the dough expands and starts to split, make decorative relief cuts. When the dough has expanded as much as you think it will, place loaves into a preheated oven @ 485 degrees for 45 minutes and keep it covered with the bowls or lids. After 45 minutes remove the lids and continue baking for 3 to 5 minutes until the tops are golden brown.

My bread has 1/3 white flour, is very dense, and is used primarily for toast. Some people may prefer 1/2 to 2/3 white flour and less grain. Feel free to experiment."

Munch on This – Are you learning new things? Be a beginner. Make new brain synapses. Shake up your life.

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon. Support your local farmer. Music is Tom Janssen and friends.

PSS – This week at the Market look for: crookneck squash, zucchini, sweet and hot peppers, potatoes, broccoli, cucumbers (lemon, pickling, eating), onions, green onions, tomatoes of all shapes and sizes, lavender, parsley, corn, apples, basil, sage, catnip, chive, oregano, peaches, garlic and elephant garlic, jam, honey, winter squash, pansies, strawberry plants, carrots, green beans, daffodil bulbs, beets, eggs, mums, and pears. Imagine what you could cook up with food like this!

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Marcia Rae can be reached at [marcia-rae@hotmail.com](mailto:marcia-rae@hotmail.com) or 714-325-4213.