

Lammas Loaf

Lammas celebrates the harvest and this recipe combines two (or more) cereals in a light loaf with a rustic crust and chewy crumb.

Ingredients you will need:
Farmhouse flour
Fresh yeast
Cracked wheat

This is a real bread, made with a two-stage 'sponge-and-dough' process for a great flavour and additive-free keeping quality. Makes one large or two small loaves.

Note: 1 millilitre (ml) of water weighs one gram (g). If you have a set of digital scales, it is often easier to *weigh* small amounts of liquid than to measure them in a jug.

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1. The sponge

5g	Fresh yeast (or 3g active dried yeast/ 2g quick-acting yeast)
140g	Water (at about 20°C)
160g	Gilchesters Farmhouse flour
305g	Total

Dissolve the yeast in some of the water and add it to the flour with the rest of the water. Mix until the dough has 'cleared', i.e. all the ingredients are thoroughly combined.

Put the sponge in a bowl large enough to allow it to expand to at least three times its original size. Cover with a lid or polythene bag and leave it at room temperature for at least 4 and up to 16 hours.

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2. The soaked grains

Meanwhile, set up the following mixture:

100g	Cracked wheat, jumbo oats, pinhead oatmeal or other grains or flakes
100g	Water
200g	Total

Stir the water into the grain(s), cover with a polythene bag and leave at room temperature while the sponge rises.

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3. The dough

300g	Sponge (from above)
260g	Gilchesters Farmhouse flour
6g	Salt
170g	Water (warm to the hand, i.e. 30-35°C)
200g	Soaked grains (from above)
936g	Total

Mix the sponge, flour, salt and water together into a soft dough. You may need to adjust the water to get the right consistency of dough. Knead, without adding extra flour, until it is stretchy (about 15 minutes). Cover and leave to rise for 1 hour. Then gently fold in the soaked grains until they are evenly incorporated into the dough.

Grease one large (900 g/2 lb) tin or two small (450 g/1 lb) ones. Shape the dough into either one large or two small loaves. Spread some cracked wheat/pinhead oatmeal/jumbo oats on the worktop and roll the dough piece(s) until completely covered. If the grains don't stick well, moisten the surface of the dough with a little water and try again.

Put the prepared dough into the loaf tin(s). Cover loosely with a polythene bag (making sure that it doesn't touch the dough) and let the loaf/loaves rise in a draught-free place until they have roughly doubled in size. Bake in a moderate oven (190°C) for 25-35 minutes, depending on your oven.

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Andrew Whitley's book **Bread Matters – *the state of modern bread and a definitive guide to making your own*** is published by Fourth Estate and is available for £16.99 post-free from www.breadmatters.com

Andrew has helped to start a **Real Bread Campaign** to increase the enjoyment, production and consumption of bread made with natural ingredients, appropriate fermentation and no adulterants, so that good bread may play a larger part in the physical, mental and social wellbeing of the nation. www.realbreadcampaign.org