

SEEDED WHOLE GRAIN SODA BREAD

Adapted from Bon Appétit magazine

INGREDIENTS

¼ cup millet
¼ cup quinoa
2 tablespoons amaranth
1 ½ cups water
2 ¼ cups buttermilk
2 tablespoons canola or light
olive oil
3 tablespoons light molasses
3 cups whole wheat flour
1 cup all-purpose flour
1 cup old fashioned oats
¼ cup sunflower seeds
2 tablespoons flax seeds
2 teaspoons kosher salt
2 teaspoons baking soda
4 tablespoons unsalted butter,
cut into small pieces

METHOD

Preheat oven to 350°. Lightly oil a baking sheet, set aside.

Add millet, quinoa, amaranth, and 1 ½ cups water to a small saucepan. Bring to a simmer over low heat and cook, stirring occasionally, for 20 minutes until most of the water has been absorbed. Set aside and allow grains to cool to room temperature.

Once grain mixture has cooled, combine with buttermilk, oil and molasses. Set aside.

Whisk whole-wheat flour, all-purpose flour, oats, sunflower seeds, flaxseed, salt and baking soda in a large bowl. Work in butter with your fingers until largest pieces are pea-size. Make a well in the center of the grain and buttermilk mixture. Mix with a wooden spoon until dough is smooth, evenly mixed, and still slightly sticky.

Place dough onto prepared baking sheet and shape into a 12-inch loaf. For a shinier finish, brush with buttermilk. If desired, top with additional oats and sunflower seeds. Bake until golden brown and an instant-read thermometer inserted into the center of loaf registers 190°, 30 minutes. Let cool slightly before slicing.