



Organic Leek and Seed Bread

Looking for an interesting way to include more fibre in your diet? Here we have a seed bread rich in plant lignans, healthy fatty acids, and minerals. This can help reduce cholesterol in the body as well lower the risk of heart disease and diabetes type-2.

The delicious savoury sweetness of baked sweet leeks adds flavour as well as an interesting texture. Leeks are thought to be native to Central Asia but have found a place in many cuisines across the world.

Credits: Ceri, Zenxin master chef

Key facts:

Preparation: 10 mins

Cooking time: 30 mins

Total: 40 mins

Serves: 12

Ingredients:

500g filtered water

2 pkts instant yeast 22g

500g **organic unbleached bread flour**

30g **organic flaxseeds**

30g **organic sunflower seeds**

30g **organic pumpkin seeds**

30g **organic unhulled sesame seeds**

1 tsp **French sea salt**

30g **Spanish organic cold-pressed virgin olive oil**

200g **organic leeks**, sliced

Extra flour for coating the leeks

Method:

1. Preheat the oven to 190°C and line 2 loaf tins with baking paper
2. Add yeast to warm water in a large stainless steel bowl, leave for 10 mins.
3. Add in dry ingredients and mix well, the mixture is very wet.
4. Coat the leeks in flour to ensure even distribution in the bread dough.
5. Add the leeks and mix thoroughly then drizzle over the olive oil.
6. Cover and leave to rise for 1 hr.
7. Divide the mixture evenly into the 2 tins and place in the oven.
8. Bake for 45 mins, then remove and turn out.
9. The loaf should sound hollow when you knock the bottom.
10. Serve with salted butter or goat's cheese and soup. Enjoy!