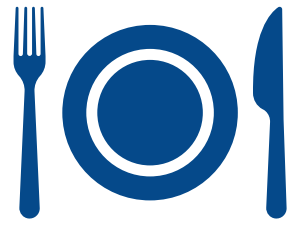


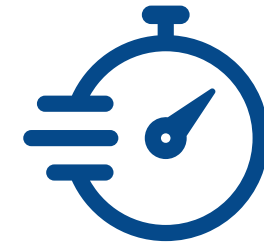
SEEDED RYE BREAD WITH CANNED SALMON & LEMON



SERVINGS
6-8



PREP TIME
15 MINS



COOKING TIME
35-40

INGREDIENTS

- 8¾ oz bread flour, approximately 2 cups
- 5¼ oz rye flour, approximately 1¼ cups
- 1 packet (¼ oz / 2¼ tsp) instant yeast
- 1 tsp salt
- 1 tsp honey
- 1¼ cups warm water
- 1 tbsp olive oil
- 2 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- 1 tbsp sesame seeds

TO SERVE

- 1 x 3.9 oz (110g) can salmon per person
- Lemon wedges
- Butter, optional

TOP TIP

Add the horseradish gradually and taste as you go. Different brands vary in strength, so it is easier to add more than to correct a dip that is too hot. A little extra lemon zest at the end also gives the dip a fresher finish.

DIRECTIONS

1. Place the bread flour, rye flour, yeast and salt into a large mixing bowl.
2. Add the honey, warm water and olive oil, then mix until a rough dough forms.
3. Add the sunflower, pumpkin and sesame seeds and knead the dough for around 8-10 minutes until smooth and elastic.
4. Place the dough in a lightly oiled bowl, cover and leave to rise for around 1 hour, or until roughly doubled in size.
5. Punch the dough down and shape into a small loaf. Place into a greased loaf pan or onto a parchment-lined baking sheet.
6. Cover again and leave to rise for around 30-40 minutes.
7. Preheat the oven to 400°F.
8. Bake the loaf for 35-40 minutes, or until golden and it sounds hollow when tapped underneath.
9. Leave to cool completely before slicing.



TO SERVE

1. Pack a few slices of rye bread with a 3.9 oz (110g) can of salmon and a wedge of lemon.
2. Flake the salmon over the bread just before eating and squeeze over the lemon juice. Add a little butter to the bread if desired.