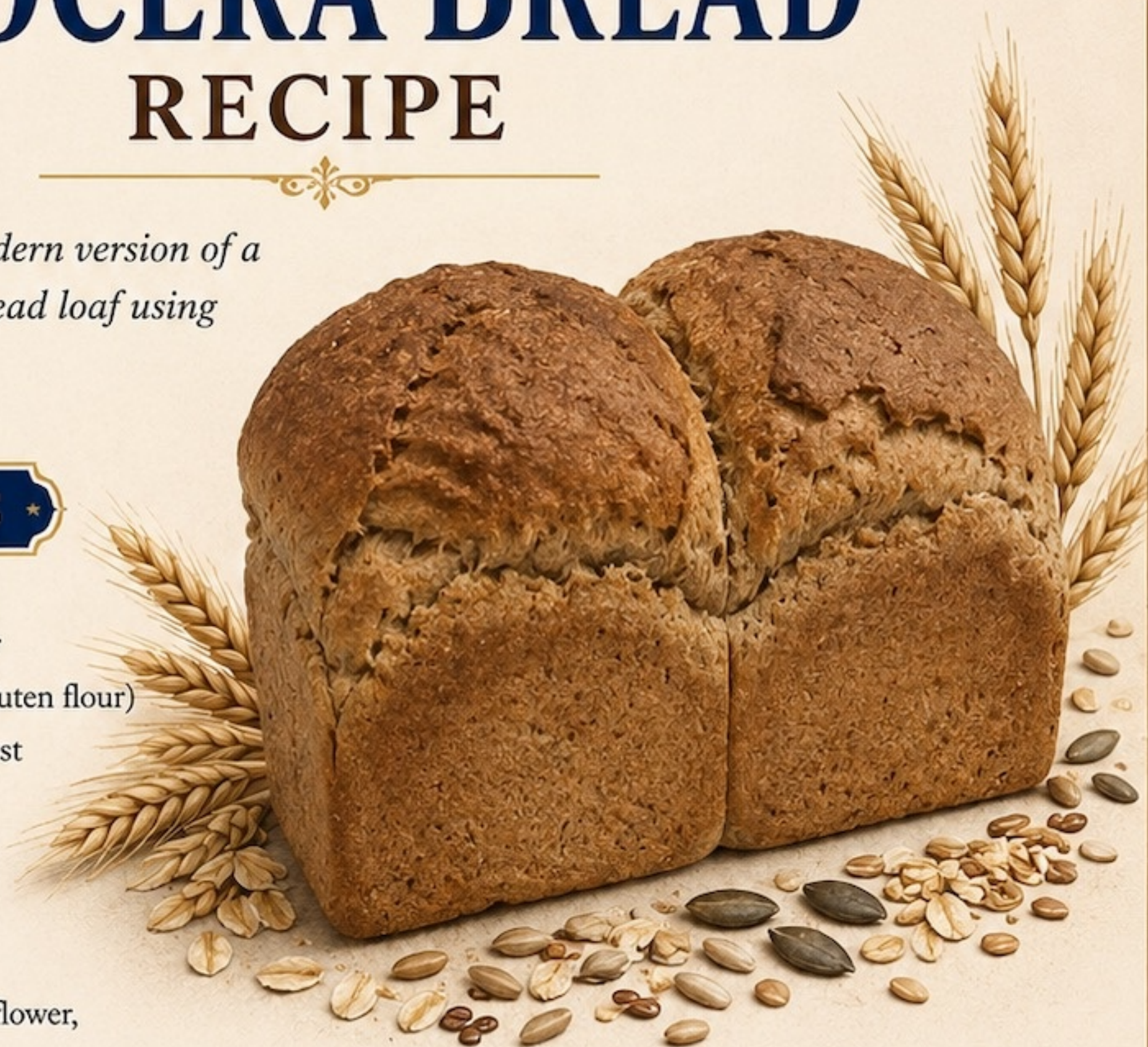


A Modern PROCERA BREAD RECIPE

You can recreate a modern version of a wholemeal Procera bread loaf using the following recipe.

★ INGREDIENTS ★

- 500g strong wholemeal (whole wheat) bread flour
- 50g vital wheat gluten (gluten flour)
- 7g sachet active dried yeast
- 1 ½ tsp salt
- 400ml warm water
- 1 tbsp honey
- 25g rolled oats
- 25g mixed seeds (like sunflower, pepitas, or flax)
- 1 tbsp olive oil or melted butter



★ INSTRUCTIONS ★

- 1 Mix the dry ingredients:** In a large bowl, whisk together the wholemeal flour, vital wheat gluten, yeast, and salt.
- 2 Combine wet and dry:** In a separate jug, mix the warm water and honey. Pour this into the dry flour mixture alongside your olive oil.
- 3 Knead:** Turn the dough out onto a lightly floured bench. Knead for 8 to 10 minutes until the dough feels elastic.
- 4 First rise:** Place the dough in an oiled bowl. Cover with a damp cloth or plastic wrap. Let it rise in a warm spot for 1 hour or until it doubles in size.
- 5 Shape and add seeds:** Gently press the dough down (knock it back). Fold in the oats and seeds. Shape the dough into an oblong loaf and place it into a greased 23 x 13cm loaf tin.
- 6 Second rise:** Cover the pan loosely. Let the dough rise for another 45 minutes or until it reaches the top of the tin.
- 7 Bake:** Preheat your oven to 200°C (180°C fan-forced). Bake the loaf for 35 to 40 minutes, or until the top is golden and sounds hollow when tapped.

