

# WHOLEMEAL AND CHIA COB

## EQUIPMENT

STAND MIXER WITH DOUGH HOOK ATTACHMENT, LARGE BAKING TRAY, SCALES, MIXING BOWLS, CHEFS KNIFE

## INGREDIENTS

255GM WHOLEMEAL FLOUR, 300GM PLAIN FLOUR, 12GM DRIES YEAST, 12GM FLAKE SALT,  
10GM EXTRA VIRGIN OLIVE OIL, 200GM CHIA SEEDS

## METHOD

PLACE THE FLOURS, SALT, YEAST AND 95% OF THE CHIA SEEDS INTO THE BOWL OF A STAND MIXER FITTED WITH A DOUGH HOOK ATTACHMENT AND MIX TO COMBINE.

ADD THE WATER AND EVOO AND MIX FOR 6-8 MINUTES UNTIL A DENSE DOUGH IS FORMED.

REMOVE THE DOUGH FROM THE BOWL AND KNEAD ON A FLOURED BENCH TOP FOR A FURTHER 2-3 MINUTES. RETURN THE DOUGH TO THE MIXING BOWL AND COVER THE BOWL WITH CLING FILM. PLACE THE BOWL INTO A PRE-HEATED OVEN STEAM SETTING 35°C FOR 30 MINUTES

ONCE PROVED REMOVE THE DOUGH AND KNEAD BRIEFLY AGAIN ON A FLOURED BENCH TOP. SHAPE THE DOUGH INTO A LARGE CIRCLE AND PLACE IT ON A BAKING TRAY LINED WITH BAKING PAPER. SCORE THE TOP OF THE DOUGH WITH A CHEF'S KNIFE AND SPRINKLE OVER RESERVED CHIA SEEDS.

RETURN THE DOUGH TO THE OVEN TO PROVE AGAIN STEAM SETTING 35°C FOR 30 MINUTES.

ONCE PROVED REMOVE THE DOUGH FROM THE OVEN AND RE-SET THE OVEN TO COMBI SETTING 220°C, ONCE THE OVEN HAS REACHED TEMPERATURE PLACE THE DOUGH IN THE OVEN AND BAKE FOR 25-28 MINUTES UNTIL GOLDEN AND CRISP ON TOP.

ONCE BAKED REMOVE FROM THE OVEN AND COOL ON A CAKE RACK, SERVE WARM WITH CULTURED BUTTER OR TOASTED WITH A CHEESE PATTY.

## HINTS & TIPS

- THIS RECIPE PROVIDES A VERY DENSE LOAF AND IS AN IDEAL BREAKFAST BREAD OR WITH CHEESE.
- THE ADDITION OF CHIA SEEDS GIVES THE LOAF A CRUNCH IN THE CRUST.
- CHIA SEEDS AID DIGESTION AND ARE PACKED WITH CALCIUM, IRON AND MAGNESIUM.