

## **Lien's dark pullman loaf**

(1 pullman loaf)

2 tsp dry yeast  
400 g bread flour  
200 g whole wheat flour  
10 g salt  
10 g carob powder  
25 g dark malt powder  
2 TBsp malt syrup  
30 g vegetable oil  
2 TBsp sesame seeds  
2 TBsp poppy seeds  
2 TBsp flax seeds  
40 g almond flakes  
40 g pumpkins seeds  
40 g sunflower seeds  
360 - 400 g water

Place all ingredients (not all the water at once) in the bowl of a stand mixer. Start kneading with the dough hook. Knead until the dough is souple. Add enough water to make a dough that isn't too wet, but may still be a little sticky.

Shape into a ball and place in a greased bowl. Cover and let rise until almost doubled. This takes about 1 hour.

Preheat the oven to 220°C.

Lightly grease your pullman pan. Shape the dough into a log that fits into the pan. Cover the pan (or just close with the greased lid) until it has risen to 4 cm under the rim. Place the bread in the oven with the lid closed (I like to place it directly on the stone) and bake for 20 minutes.

Lower the temperature to 200°C and bake for another 15 minutes. Now take the lid off (carefull it's hot!) and bake for another 5 minutes.

Invert the loaf on a wire rack and let it cool completely before slicing.

(Recipe by Lien)

Original post can be found on my blog "Notitie van Lien" ©2012

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