

Crunchy Seed Braid

Ingredients

Bread ~

- 283g (1¼ cups) lukewarm water
- 35g (3 tablespoons) vegetable oil
- 241g (2 cups) Bread Flour
- 170g (1½ cups) White Whole Wheat Flour
- 43g (½ cup) traditional rolled oats
- 1½ teaspoons salt
- 25g (2 tablespoons) sugar
- 28g (¼ cup) nonfat dry milk
- 2 teaspoons instant yeast

Topping ~

- 1 large egg white beaten with 1 tablespoon cold water
- 85g (generous ½ cup) mixed seeds - poppy, sesame, flax, fennel, and anise are all good choices.

Preparation

1. Mix all of the dough ingredients, and mix and knead - by hand, stand mixer, or bread machine - to make a smooth, supple dough.
2. Place the dough in a lightly greased, covered container, and allow it to rise for 60 to 90 minutes (it will become quite puffy, though it may not double in size).
3. Gently deflate the dough, and divide it into three pieces.
4. Roll/stretch each piece into a 60cm (24-inch) log.
5. Brush the logs with the beaten egg white, coating them as well as you can.
6. Sprinkle with the seeds. Roll them over, brush with egg white, and sprinkle on more seeds. Roll them around a bit, to coat as completely as possible.
7. Allow the logs to rest for 15 minutes, uncovered.
8. Squeeze the three logs together at one end, braid, and when you get to the end, squeeze the three pieces together and tuck them underneath.
9. Transfer the braid to a lightly greased or parchment-lined pan, brush with more egg white, and and sprinkle with any leftover seeds.
10. Cover the braid, and let it rise for 1 hour, till the braid has become noticeably puffy. Toward the end of the rising time, preheat the oven to 220°C (425°F).
11. Bake the bread for 15 minutes. Tent it lightly with foil (to prevent over-browning), reduce the oven temperature to 180°C (350°F), and bake for an additional 10 to 15 minutes, until the crust is golden and the braid's internal temperature registers 89°C (190°F.)
12. Remove it from the oven, and cool on a rack.