

Seed triangles

(makes ± 16)

140 g whole wheat flour
280 g white bread flour
40 g cornmeal
2 tsp dried yeast
2 TBsp runny honey
1 tsp salt
2 TBsp vegetable oil
10 g dried soy granules
75 g sunflower seeds
20 g flax seeds
5 g poppy seeds
10 g sesame seeds
25 g pumpkin seeds
± 310 g water
extra seeds for decorating (sunflower, sesame and pumpkin seeds)

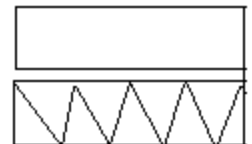
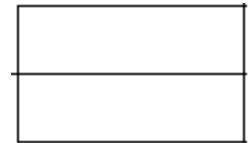
Place all the ingredients in a large mixing bowl from your stand mixer. Knead with the dough hook at medium speed until you've a souple and elastic dough. Shape it into a ball, lightly grease the mixing bowl and place the dough in it. Cover with greased plastic foil and leave to rest for about 45 minutes.

Prepair two baking sheets/peels with baking parchment.

Place the dough on a lightly greased counter and press it into a rectangle (40 x 25 cm). Sprinkle the seeds on top for the decoration and press them down.

Cut the dough with a dough scraper in the middle lengthwise. Now cut each of these doughstrips with diagonal cuts in about 8 triangle shapes.

Place the triangles on the baking sheet or peel with baking parchment, cover them with lightly greased plastic and let them rise in a warm place until puffy.



Preheat the oven to 220°C, preferably with an oven stone.

Bake the triangles by placing them on the baking stone with the parchment paper and let them bake for 15-20 minutes until golden brown and done. Take them out of the oven and leave them to cool on a wire rack.

(recipe by Lien)

Original post can be found on my blog "Notitie van Lien"©2013

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