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## Berni's Bread

600g flour and grains (see below)

1-2 tsp salt (2 is tastier but if you like it with less, use less)

2 tsp yeast

Mix flour, salt, yeast, then add

500 ml water, warm

1 Tbsp honey dissolved in the water

1 Tbsp oil, in the water

1. Mix all together (should be fairly moist), cover and leave 6-10 hours. I often leave it overnight and cook fresh for breakfast. If you leave it in a warm place it will take less time – a matter of trial and error.
  2. Put into oiled baking tin and bake 45-60 minutes at 180 - 200°C.
  3. You can keep a cupful of the dough in the fridge to use as a starter for the next loaf - in which case reduce the yeast to 1tsp.
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## Flours & grains

I get mine from Bin Inn.

I make sure I have about 350g of flours from a wheat source to ensure there is sufficient gluten to make the bread rise and stay risen. Usually my wheat flour mix is:

½ C gluten flour (=70g)

1 C white high flour (=140g)

1 cup, wholemeal flour (=140g)

and the balance from other flours and grains. See below.

Then make up to ~600g with a mixture of any of the following (weight of 1 cup in brackets). I just go round my shelf and add in my head as I biff ingreds in the bowl, and stop when I get to around 600g. I make up ~ 6 bags of dry premix at a time, keep in bags in a bin, and just add yeast, honey, oil and water at the time I want to cook a loaf.

Gluten flour (140g)

Wholemeal flour (140g)

White flour (140g)

Corn grits (155g)

Buckwheat (175g)

Kibble rye/wheat (150g)

Burghul (150g)

Linseed (175g)

Oatmeal (probably ~105g?)

Bran (100g)

Rolled oats (105g)

Rolled barley (105g)

Pre-mixed grain & flour mixtures (155g) (I use Bin Inn 7 grain flour)

I also usually add some pumpkin and/or sunflower seeds in addition to the 600g mixture.

Rosemary & olives, roasted garlic cloves, etc etc.