

## No Knead SeDUCTION Bread

I don't know if this bread originated at the Whole Foods Market or was just made famous there, but its easy to emulate at home and the freshness of home baked loaves makes it even better. For the seed blend I use the King Arthur Flour "Harvest Grains Blend", but you can just as easily blend your favorite selection of seeds (sunflower, flax, pumpkin, sesame, etc) together from what is on hand in your pantry or local market.

Two Large Loaves	Ingredient	One Large Loaf
5 cups, 680 g	Bread flour, 72%	2 ¼ cups, 340 g
2 cups, 260 g	Whole wheat flour, 28%	1 cup, 130 g
1 cup plus more for sprinkling on loaves, 128 g	Seed blend, 14%	½ cup plus more for sprinkling on loaf, 64 g
1 ½ Tbsp, 14 g	Yeast, 1.5%	¾ Tbsp, 7 g
1 Tbsp, 14 g	Salt, 1.5%	½ Tbsp, 7 g
½ cup, 109 g	Oil, 12%	¼ cup, 55 g
1 cup, 340 g	Corn syrup, 36%	½ cup, 170 g
2 ¾ cups, 652 g	Water, warmed to 105-115 degrees, 69%	1 ¼ cup plus 1 Tbsp, 326 g

In a large bowl stir together the bread flour, whole wheat flour, seed blend, yeast and salt. Form a cup in the middle and add the oil, corn syrup and water. Stir until smooth then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for about 2 hours then refrigerate OR refrigerate immediately and wait at least 12 hours to use dough.

Remove the dough from the refrigerator. Fold a few times on a floured surface then divide the dough in half (if making two loaves) and form into boules or batards and place on a baking sheet or peel covered with parchment paper. Brush the tops with water then sprinkle on more seeds then cover with plastic and allow to rise at room temperature for 30-45 minutes while the oven is preheating.

Uncover the loaves then score and slide the loaves onto the baking stone. Pour a cup of water into the steam pan and turn the oven down to 400 degrees. Bake for 45 minutes then remove to a wire rack to cool.