

multi-grain honey bread

ingredients

- 1 1/2 cups hot water
- 1 cup 7 or 10 grain hot cereal mix ⁽¹⁾
- 3 eggs ⁽²⁾
- 1/4 cup buttermilk, room temperature ⁽³⁾
- 1/4 cup honey
- 2 tablespoons vegetable oil
- 2 tablespoons melted butter
- 4-5 1/2 cups unbleached bread flour
- 1 tablespoon instant yeast
- 1 tablespoon salt



method

1. in a large bowl, add hot water to cereal. cool to room temperature
2. in a second bowl, whip eggs and combine with buttermilk, honey, oil and melted butter. mix with cooled cereal
3. combine at least 4 cups of the flour, the yeast and salt, then mix into the liquid to form a slightly sticky dough
4. turn on to a floured surface, knead 10 mins, adding more flour if sticky
5. cover and let rise at room temperature 1 hour or until doubled in size
6. form 2 loaves and place into greased bread pans
7. let rise 30-40 minutes or until double again
8. preheat oven to 450 fahrenheit/230 celcius/210 fan
9. bake 30-40 minutes ⁽⁴⁾ until dark colour and hollow sounding when tapped on the bottom

footnotes

1. i buy a couple of bags of [bob's red mill hot cereal mix](#) every time i take a trip to the usa as its the best mix i've tried.
2. if you are allergic to eggs like me, [organ](#) 'no egg' is a lovely substitute
3. if you don't have buttermilk you can make your own by placing 1 tsp white vinegar or lemon in a measuring cup, then adding milk to make up to 1/4 cup. stand 5 minutes before using
4. time will vary based on your oven. check frequently to ensure you don't overcook!