



A LONG ESTABLISHED FAMILY FIRM

Close House Farm, Otley Road, Skipton, BD23 6DR  
01756 792491 [worldsfinest@tncook.co.uk](mailto:worldsfinest@tncook.co.uk) [www.tncook.co.uk](http://www.tncook.co.uk)

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The World's Finest Range Cookers

## Seeded Bread Loaf (Ben's Demo Recipe)

### Ingredients

200g Wessex Mill Mixed grain bread flour  
400g Strong white flour  
9-10g instant yeast  
4-5g salt  
380g Water (straight from the cold tap).

### Method

- Mix until just combined and leave (covered) for 30 mins to 'autolyse'.
- Knead for about 10 mins and leave (covered) to prove for about 1 hr (at room temp – 18-22 C)
- Knock back, shape and put in the tin to rise for 1 hour (covered).
- Bake - **AGA** on grid shelf on the floor of the Roasting oven for 25-30 mins, **Everhot**, heat the top / primary oven to 240C, bake on a shelf on any of the lower two positions, or on your baking stone for 25-30 mins

### Method

- Cook the spinach in a pan with just the water clinging after washing for a minute or two until wilted. (Or defrost your frozen spinach.)
- Drain in a colander and leave to cool a little. Heat 1 tablespoon olive oil in a frying pan, add the onions and cook gently for 10 minutes or until soft.
- Squeeze the spinach to remove any water, chop it roughly and mix with the warm onions. Season with salt and pepper. Set aside.
- Peel and core the pears, then cut into fairly thin slices about 40mm (1 ½") long.
- Put the pear pieces in a bowl with 1 tablespoon olive oil, the nutmeg, chilli flakes, if using, and some salt and pepper. Toss well to coat.
- Form your dough into a pizza base, spread the onion and spinach out first, then spread the pear slices out, dot chunks of gorgonzola between the pears and bake.
- **Everhot:** Top oven at 240°C, on your pre-heated baking stone (or flat plain metal sheet set on an oven shelf on the lowest position)
- **AGA:** On the floor of the roasting oven (or on a plain shelf on the floor grid (roasting oven) for the Total Control, eR3 series or eR7 Series AGA).