



Rye-Wheat, Macadamia and Sultana bread

The Ingredients

To make 10 small loaves, or 6 large or approximately 80-90 small rolls

- 750g white sponge (or fermented dough from previous day)
- 1kg strong white flour
- 1kg light rye flour
- 1400ml warm water
- 40g yeast
- 40g salt (50 gm if using saltless sponge)
- 50ml vegetable oil
- 400g macadamia nuts (style 7)
- 400g sultanas

The Method

- Mix the strong white flour, rye flour, water, yeast, salt and sponge or fermented dough from previous day to form a dough
- After the mix has come together, add the vegetable oil, then gently mix in the nuts and sultanas
- Bulk proof for an hour in a warm, draft free place
- Just as the surface of the dough is beginning to crack, scale it
- Leave them for short, intermediate proof of approximately 15 minutes
- Mould as soon as they are soft enough into the "torpedo" shape
- Flatten dough before tucking in the sides to make a boat like shape
- Fold the sides together before rolling on the board to seal the dough
- If possible, arrange on couche cloths before a final proof of about 45 minutes
- Move them to the oven just as the fine surface cracking is beginning to show.
- Dust with flour and slash three diagonal cuts across their backs or one long slash down their length.
- Bake in a bread oven at 220-225°C for 25-35 minutes

To make small rolls, use approximately 50gm portions and mould in the same the way