



Bacheldre Welsh clay-pot bread



Vegetarian



Dairy Free

READY IN



280 min.

SERVINGS



8

CALORIES



267 kcal

Ingredients

- ☐ 1 tbsp clear honey organic
- ☐ 1 eggs free-range beaten for glazing
- ☐ 1 tbsp chives fresh chopped
- ☐ 1 tbsp parsley fresh chopped
- ☐ 1 tbsp sage fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 3 tbsp olive oil extra virgin organic extra-virgin
- ☐ 1.5 tsp salt
- ☐ 350 g unbleached flour white organic

- ☐ 100 g flour 100% organic
- ☐ 7 g yeast dried

Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ pot

Directions

- ☐ First prepare your pot. Select one clean, clay flower pot (15cm diameter x 15cm high). Clean thoroughly, oil inside and outside and bake three or four times in a hot oven for about 30–40 mins. You can do this while you are baking other foods.
- ☐ Mix both flours in a large mixing bowl with the salt, then add all the herbs and garlic and mix together thoroughly, then make a well in the middle. In a large warm jug, mix together the milk, water, honey, olive oil and the yeast and leave for a few mins to let the yeast activate. Now pour the liquids into the centre of the flour and, with a spoon, start mixing the flours into the liquid from the outside of the bowl in to the middle. Now with clean, warm hands carry on the mixing process until all the ingredients come together to form a dough. Knead for 5–7 mins on a lightly floured surface, place in a bowl, cover with oiled cling film and leave for 30–40 mins in a warm place. The dough should be larger than when you first started so you 'knock it back' – literally punch a hole in the middle and knead again for 5 mins. Now prepare the pot and ensure that it is well greased (you can line the pot with greaseproof paper if you want to), and mould the dough into it. Score the top of the dough, with a sharp knife, about 1cm in, which will add that extra bit of character to the loaf.
- ☐ Place in a warm place and allow to rise for 30–40 mins.
- ☐ Heat oven to 220C/fan 200C/gas 7, glaze the top of the dough carefully and sprinkle with the fennel seeds. Carefully, place the pot in the centre of the oven, trying not to knock the pot and bake for 35–40 mins until golden brown.
- ☐ Remove the loaf from the oven and cool for 5–10 mins, then turn out on to a wire rack to cool completely. Do take care as the pot gets very hot.

Nutrition Facts



 **PROTEIN 11.95%**  **FAT 23.19%**  **CARBS 64.86%**

Properties

Glycemic Index:28.28, Glycemic Load:21.73, Inflammation Score:-3, Nutrition Score:13.181304384833%

Flavonoids

Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 267.47kcal (13.37%), Fat: 6.92g (10.65%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 40.87g (14.86%), Sugar: 2.38g (2.64%), Cholesterol: 20.46mg (6.82%), Sodium: 446mg (19.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Copper: 2.41mg (120.74%), Manganese: 0.95mg (47.27%), Selenium: 26.93µg (38.47%), Vitamin B1: 0.2mg (13.32%), Vitamin K: 12.14µg (11.57%), Folate: 44.18µg (11.04%), Fiber: 2.71g (10.86%), Phosphorus: 104.98mg (10.5%), Magnesium: 31.02mg (7.76%), Vitamin E: 1.08mg (7.21%), Vitamin B3: 1.43mg (7.14%), Vitamin B2: 0.11mg (6.48%), Iron: 1.13mg (6.27%), Zinc: 0.87mg (5.8%), Vitamin B6: 0.1mg (4.79%), Vitamin B5: 0.48mg (4.77%), Potassium: 115.02mg (3.29%), Calcium: 21.23mg (2.12%), Vitamin A: 88.07IU (1.76%), Vitamin C: 0.98mg (1.19%)