






Rustic Flower Pot Bread Loaves or Bread Rolls

READY IN

90 min.

SERVINGS

6

CALORIES

740 kcal

Ingredients

- 1 lb bread flour white
- 0.5 ounce butter
- 6 servings butter
- 2 ounces cheese grated
- 2 tablespoons chives chopped
- 0.5 ounce yeast dried fresh
- 2 garlic clove crushed peeled
- 2 tablespoons herbs like: thym mixed
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- 6 servings cooking oil
- 2 ounces olives chopped
- 0.5 onion grated peeled
- 2 ounces poppy seeds
- 2 ounces pumpkin seeds
- 1.5 teaspoons salt
- 2 ounces nigella seeds mixed
- 2 teaspoons sugar
- 2 tablespoons sun-dried olives diced drained finely
- 2 ounces walnut pieces chopped
- 0.5 pint water
- 6 servings frangelico
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Equipment

- oven
- mixing bowl
- wire rack
- pot
- baking pan

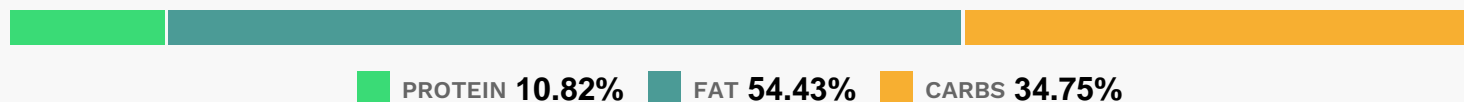
Directions

- To prepare the flower pots: Take two to six earthenware flower pots (3 to 6 inches in size). Wash thoroughly and grease them inside and outside, with lard, butter or oil. (Please use NEW plant pots, of course!).
- Heat in a pre-heated oven at 190C; 375F: Gas 5, for 25-30 minutes. Repeat the process two or three times for a good "seasoning" and non-stick surface on your flower pots. Before baking with them, line the base with greaseproof paper or baking parchment - especially if there is a hole in the bottom of the flower pot! To make the Bread: If you are using dried yeast. Dissolve one teaspoon of sugar in the warm water then add the dried yeast. Leave until frothy, about

ten minutes. If you are using fresh yeast, blend it into the warm water.

- Place the flours, salt and sugar in a large mixing bowl and rub in the butter.(
- Add any extras you might be using here.)
- Add the yeast liquid to the dry ingredients and mix to a soft dough.Turn the dough onto a work surface and knead the dough by folding towards you, then pushing down and away from you with the heel of your hand. Give the dough a quarter turn and repeat the action. Knead until smooth and no longer sticky.
- Cut the dough in to even sized pieces and place in the prepared and well oiled/buttered flower pots, which should be placed on a baking tray. Glaze with milk or salted water and sprinkle with mixed seeds.
- Place the pots inside a large oiled polythene bag and leave in a warm place until the dough doubles its size, about 45 – 60 minutes.
- Remove the polythene bag and bake on the middle shelf of a hot oven at 230C (450F) or Gas 8 for 10 to 30 minutes, depending on the size of your flower pots, or until the bread is browned and sounds hollow when tapped.
- Remove the bread from the flower pots and cool on a wire rack. You can then replace them in the flower pots to serve, once they have cooled!This dough can be proved in a bread maker/machine for ease and with good results. Follow your machine's instructions, I add liquids to my bread maker first and then dry ingredients last.
- Add the extras before adding the liquids to the dry ingredients and if using a bread maker/machine, add them when the "Extras" alert sounds or add them to the "Extras" tray.

Nutrition Facts



Properties

Glycemic Index:95.18, Glycemic Load:37.25, Inflammation Score:-7, Nutrition Score:21.026956599692%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 740.33kcal (37.02%), Fat: 45.35g (69.77%), Saturated Fat: 9.45g (59.09%), Carbohydrates: 65.14g (21.71%), Net Carbohydrates: 58.56g (21.29%), Sugar: 3.51g (3.9%), Cholesterol: 25.28mg (8.43%), Sodium: 847.85mg (36.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.55%), Manganese: 2.07mg (103.5%), Selenium: 35.97µg (51.38%), Phosphorus: 369.57mg (36.96%), Magnesium: 133.33mg (33.33%), Copper: 0.63mg (31.51%), Fiber: 6.7g (26.78%), Vitamin E: 3.81mg (25.39%), Calcium: 245.36mg (24.54%), Zinc: 3.09mg (20.63%), Vitamin K: 20.46µg (19.49%), Folate: 73.33µg (18.33%), Vitamin B1: 0.26mg (17.66%), Iron: 3.1mg (17.24%), Potassium: 370.48mg (10.59%), Vitamin B2: 0.17mg (9.95%), Vitamin B3: 1.93mg (9.63%), Vitamin A: 449.43IU (8.99%), Vitamin B6: 0.17mg (8.39%), Vitamin B5: 0.71mg (7.1%), Vitamin C: 2.86mg (3.47%), Vitamin B12: 0.11µg (1.88%)