

Donker

Light rye bread with a coating of seeds.

This is an **English**¹ Fairtrade adaptation of a Dan Lepard² recipe.

An even better "Donker" is available from Thorley's Bakery, Driffield.

Ingredients

- 325 ml hot black **FAIRTRADE** coffee
- 75 g Dove's Farm rye flour (1)
- 10 ml **FAIRTRADE** black peppercorns
- 4 **FAIRTRADE** cardamon pods
- 10 ml caraway seeds
- 10 ml salt
- 10 ml **FAIRTRADE** sugar
- 10 ml instant yeast
- 75 g Dove's Farm rye flour (2)
- 325 g Dove's Farm strong white bread flour
- 10 ml Zaytoun **FAIRTRADE** olive oil
- 10 ml poppy seeds
- 1 hens egg

Method

Preparation

Brew a fresh pot of your favourite **FAIRTRADE** ground coffee.

Take the seeds out of the cardamon pods and discard the husks.

Put the cardamons and pepper seeds into the mortar and crush to a coarse powder with the pestle.

Cooking

Put the measure (325 ml) of coffee into a saucepan and add the rye flour (1), the crushed peppers and the caraway seeds.

Heat gently whisking continuously to break up any floury lumps.

Once they are well combined (into a thick paste) turn the mixture out into a large mixing bowl and allow to stand for 20 minutes or so until warm to the touch.

(NB. This is a good time to drink more of the coffee and do the Sudoku). Add the sugar, salt and yeast and mix well.

Add the remaining rye flour(2) and white flour and mix to a smooth dough.

A little more warm coffee or warm water³, may be needed to achieve a smooth dough.

Knead⁴ for a minute or two to ensure it is smooth, and then shape for the loaf tin.

Thoroughly grease a loaf tin with the olive oil, and put the dough in the tin.

Cover with a teatowel and allow the dough to rise⁵ for 60 to 100 minutes or more (until well risen).

Eggwash the top of the bread and sprinkle on the poppy seeds for decoration and flavour. Bake in the oven at Gas Mark 7 for 40 minutes testing in the usual way by bottom tapping from 30 minutes onwards.

Allow to cool on a wire rack before slicing.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.danlepard.com>

³http://www.fairtradecookbook.org.uk/recipes/bread_making.htm#warm_water

⁴http://www.fairtradecookbook.org.uk/recipes/bread_making.htm#kneading

⁵http://www.fairtradecookbook.org.uk/recipes/bread_making.htm#rise