



Opa Willy's Farmer Bread

“The Bread for Dummies. It's the easiest bread in the world”

You use **cold water**, only a **tiny bit of yeast** and **no kneading is required**



The Ingredients:

75 g =	1 pouch bag		Opa Willy's Natural Sourdough
600ml =	20 fluid OZ =	2 1/3 cups	could water
660 g =	23.30 OZ =	4 cups compacted	Whole Wheat flour
120 g =	4.20 OZ =	½ cup +2/3 cup compacted	buckwheat flour
4 g =	0.15 OZ =	½ teaspoon	instant yeast
20 g =	0.70 OZ =	1 tablespoon	salt
20 g =	0.70 OZ =	2 tablespoon	flax seeds
60 g =	2.10 OZ =	6 tablespoon	sunflower seeds
(4 g = 0.15 OZ = 1 teaspoon bread spices optional)			

The Dough:

1. Find a large (3,8 - 4L = 4 quart) bowl and a huge plastic bag for dough storage over night.
2. Pour Opa Willy's Natural Sourdough and the **cold** water into the bowl.
3. Mix all the dry ingredients in a separate bowl.
4. Add the dry ingredients to the water and sourdough, stir to combine. Mix until there are no dry spots. **No kneading is necessary!**
5. Cover the dough bowl with the plastic bag and let it rest.
The room temperature of your kitchen is not important !
6. After 8 to 15 hours, place an oven save bowl with water in the oven.
Preheat oven to 200°C = 400°F
7. Push the dough only a bit with wet hands in the bowl, than pure the dough in a greased, floured bread baking pan (22cm x 12cm = 9in x 5in), make some cuts on top of the dough.
8. Let the dough rest for 10 minutes
9. Bake for 50 minutes

Enjoy your home baked bread with family and friends!