

Porcupine Bread

(from Red Star Yeast & Products in Milwaukee)

Yield: 15 servings (a 1-pound loaf)

Ingredients:

4 teaspoons sesame seeds
3 tablespoons sunflower seeds
1/3 cup raisins
4 teaspoons vegetable oil
1/3 cup water, room temperature
2/3 cup buttermilk, room temperature
4 teaspoons sugar
3/4 teaspoon salt
1/3 cup rolled oats
2 cups bread flour
1 1/2 teaspoons active dry yeast
1 whole egg blended with 1 tablespoon water (egg wash)

Procedure:

Place ingredients into the bread machine's pan in the order listed in the manual. Use a bread/medium setting.

about 125
calories and
3.5 grams of
fat per slice
(1/15 of the
loaf)

When the machine begins "bake," lift the lid and brush the loaf's top with the egg wash, and then sprinkle with additional sunflower and sesame seeds if desired.

A serving of Porcupine Bread also provides some iron from the flour and calcium from the buttermilk.



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