



## WALNUT NO-KNEAD FIG BREAD

YIELDS: 1 LOAF

Figs and walnuts are a great combination in many baking applications. Here the sweet, rich figs pair really well with the crunchy walnuts. There is minimal kneading in the process of making this bread as the 12-hour fermentation time allows the gluten, as well as the flavours, to develop slowly.



### *Ingredients*

- 2 cups Anita's Organic All Purpose White Flour
- 1 cup Anita's Organic Sprouted Whole Wheat Flour
- 1/2 tsp Instant Yeast
- 1 1/4 tsp Salt
- 1 3/4 cups Warm Water
- 3/4 cup Walnuts, roughly chopped
- 3/4 cup Anita's Organic Black Mission Figs, chopped

### *Instructions*

1. In a large bowl, mix together the flours, yeast, and salt. Make a well in the centre and add the warm water. Mix with your hands or wooden spoon until you have a loose, shaggy dough.
2. Add the chopped walnuts and figs, and turn out onto a lightly floured work surface. Gently knead the dough until the walnuts and figs have been evenly worked into the dough.
3. Place in a lightly oiled bowl, cover and allow to ferment for approximately 12 hours. The dough is ready when it is dotted with air bubbles.
4. After 12 hours turn the dough out onto a flour dusted work surface and stretch & fold the dough over onto itself a couple of times. Sprinkle with more flour, cover with plastic wrap and allow to rest for 15 to 20 minutes.
5. Sprinkle again generously this time with flour and shape into a round. Place onto a parchment lined baked sheet, cover again and allow to rise for 1 to 2 hours until double in size.
6. Half an hour before baking pre-heat the oven to 450 degrees. Place a tray in the bottom of the oven.
7. When ready place the loaf in the centre of the oven and immediately pour 1 cup of cold water into the tray at the bottom of the oven (to create steam) and close the door to keep the steam in.
8. Bake the bread for 30 minutes, turn and then bake for another 15 minutes. Move to a wire rack to cool.