

Beetroot sourdough

Makes 1 x 750g loaf
300g cooked beetroot, chopped
1 tsp fennel seeds
1 tsp caraway seeds
100ml buttermilk or plain yoghurt
200g white spelt flour
200g wholemeal spelt flour
50g pumpkin seeds, plus more for sprinkling
1 tsp sea salt
2 tsp bicarbonate of soda
Black pepper

1 Preheat the oven to 220C/425F/gas mark 7. Put the beetroot (see the note if you're roasting your own), spices and buttermilk in a food processor and puree until smooth.
2 Put the flours, pumpkin seeds, salt, bicarbonate of soda and pepper into a large bowl and mix well.
3 Pour the beetroot mixture into the flours and mix with a fork until well combined, then use your hands to bring the lot into a rough ball. Don't knead it though, or it will make the finished loaf tough.
4 Scatter some flour over a baking sheet and put your ball of dough on top. Dust with a little more flour and a few more pumpkin seeds.

Treacle bread

Butter for greasing
225g/8oz plain flour, plus extra for dusting
225g/8oz self-raising flour (or use 225g/8oz plain flour and 1 tbsp baking powder) butter
1 tsp bicarbonate of soda
2 tbsp black treacle (or use maple syrup, honey, pomegranate molasses or golden syrup)
50g/1½oz porridge oats, plus 1 tbsp for sprinkling (these are to add texture - can be left out if none available)
475ml/17fl oz milk
1 tsp sea salt

Method

To make the treacle bread, preheat the oven to 200C/180C Fan/Gas 6 and grease a loaf tin with butter.

Mix all of the bread ingredients together in a large bowl until a soft, sticky dough is formed. Place in the loaf tin and sprinkle the remaining oats on top (if using). Bake for around 35–40 minutes, or until golden-brown and the bread sounds hollow when tapped on the bottom. Place on a wire rack to cool.

Bread without flour recipe

200g oat 'flour' blitzed until fine
75g pats
2tsp baking powder
60ml oil
1 egg (or mashed banana)
4tbsp honey/sugar/syrup
220ml yogurt

Combine all ingredients and cook for 45 mins at 180C

From Jack Monroe lockdown larder

Helena's Seed and nut loaf

150g ground almonds
100g linseeds
100g sunflower seeds
100g sesame seeds

150g pumpkin seeds
1/3 cup vegetable oil
2tsp salt
5 eggs whisked

Blitz almonds, mix in all seeds, whisk eggs and combine all. Then put in loaf tin and bake for 70min in 160°C



Naan bread

2 cups self-raising flour
1 cup milk or yogurt or a mixture
Mix to a soft dough, add water if needed
Roll out until thin
Dry fry in a pan for about a minute each side

Bibi indian cookery school, Ely