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Coconut and Sultana Breakfast Loaf

<http://properfoodie.com/breakfast-loaf-sultana-coconut/>

Dairy free coconut and sultana breakfast loaf with a crunchy seed and Rice Krispie topping.

Ingredients:

300g Strong white flour
100g Ground almonds
100g Sultanas
1 1/2 tsp mixed spice
Pinch of crushed sea salt
200-250ml of Vita Coco Coconut milk alternative
12g fresh yeast or 7g dried yeast
1 tbsp honey

For the topping:

40g mixed seeds
15g Rice Krispies
2 tbsp honey

Egg wash:

1 egg
50ml Vita Coco coconut milk alternative

Equipment:

Loaf tin - greased with butter/dairy free butter and floured.



Method:

Prep:

Pre heat the oven to 180 degrees C (Fan)

Prepare your loaf tin by greasing with butter (or dairy free butter) and dusting with flour using a sieve.

Making the dough:

See the storyboard pictures above for further guidance.

Firstly, mix the flour, ground almonds, sultanas, mixed spice and salt (dry ingredients) in a large bowl. Place to one side.

Measure out the Vita Coconut milk and heat for 30 seconds in the microwave (luke warm). This slight warmth of the milk alternative will help to activate the yeast. However, any warmer than body temperature and you run the risk of killing the yeast - so ensure the milk alternative is not overly warm to the touch.

Add the honey and then yeast to the milk alternative and use your fingers to help fully dissolve the yeast. I much prefer to use fresh yeast, which is easily obtainable from bakeries or the bakers at well-known supermarkets - just ask. However, dried yeast will work fine if you can't get hold of the fresh stuff.

Note that you don't need as much yeast if using dried.

Return to your bowl of mixed dry ingredients and make a well in the centre. Add about half of the milk alternative and yeast mixture to the well, then use your finger tips to start mixing the dry and wet ingredients together. Gradually add more of milk alternative mixture as required, until a dough starts

to form. Note that you want to keep the mixture as dry as possible without it flaking apart. So you may not need to use all of the milk mixture, but just enough to hold the dough together. Make sure you combine in all the flour and leave the bowl clean.

Turn the dough out onto a clean work surface and begin to knead. You can add olive oil or more milk if you feel the dough is a little too dry or sprinkle on more flour if its too wet and sticking to your hand and the work surface.

Knead and prove the dough:

Knead for 10 minutes in order to fully activate the yeast. As you knead, the dough will become less sticky and smoother. After 10 minutes shape the dough into a smooth even loaf/sausage shape and carefully transfer to your greased loaf tin. Cover the tin with cling film and leave on top of your warming oven. The warm environment will help the dough to rise. Leave for around 1 hour, in which time the dough should double in size.

After 1 hour has passed, remove the cling film. Be gentle with your loaf as any rough movements may knock out the built up air.

Egg wash and toppings:

Prepare the egg wash by whisking together equal amounts of egg and Vita coconut milk alternative. Gently brush the egg wash over the surface. At this point, if you prefer to not have a topping, you can pop your loaf straight in the oven.

If you want to add the topping to your bread, gently heat the 2 tablespoons of honey in a pan. When the honey begins to loosen, remove from the heat and mix in the seeds and cereal. Gently spoon the seed and cereal mixture over your unbaked loaf and spread evenly over the surface.

Baking:

Bake your loaf in the centre of a pre heated oven for 30 minutes. If you have added a topping check after 20 minutes and cover with foil for the last 10 minutes if the seeds and cereal are looking overly dark.

After 30 minutes you can check if your loaf is cooked through by carefully turning out of the tin (use oven gloves) and gently tap the bottom. If its baked through then the loaf will sound hollow. If not return to the tin and pop back in the oven for a further 5 minutes or until the hollow sound is achieved. Remove your loaf from the tin and leave to cool completely, on a wire rack, before slicing.

Serve with butter and cups of tea (made with Vita Cocos coconut milk of course!) And don't forget to try it toasted as well :-)