

ANNA ARVIDS

Fruit and nut bread

A luxurious bread with plenty of fruit and nuts, and a slightly sharp taste from the sour milk.

250 g	soured milk
200 g	special wheat flour
100 g	coarse rye flour
30 g	dark syrup
10 g	salt
10 g	yeast
10 g	butter (room temperature)
150 g	mixed nuts (almonds, hazelnuts, pistachios, walnuts)
150 g	mixed fruit (apricots, figs, plums, raisins)

Mix the ingredients listed above for 5 minutes at slow speed and 3 minutes at medium speed. Add the nuts and fruit and mix at low speed for 2 minutes. Leave to rise in a bowl under plastic for 30 minutes. Divide the dough in two and shape into loaves or into the design of your choice, or place in greased baking tins. Leave to rise under a cloth for approx. 60 minutes. Put the bread in the oven at 250°C, reduce to 200°C, normal steam, bake for approx. 35 minutes.