

# Wholemeal walnut bread

500g (1lb 2oz) strong wholemeal flour

1 tsp salt

1 tsp sugar

1 tbsp oil

7g sachet fast action dried yeast

50g (2oz) chopped walnuts

1 tbsp black treacle

275ml (½pt) warm water

Mix flour, salt and sugar together. Add the oil. Mix in the yeast, and add the treacle and water. Mix to a loose dough and knead for 5 minutes. Finally mix in the walnuts.

Mould into 2 cobs and place in the Remoska pan. Cover and stand in a warm place. When doubled in size, place lid on and bake for 30 minutes. Turnover and bake for a further 5 minutes. Cool on a wire rack.