



Pain d'Epi

This is my version of a French bread called pain d epi, or wheat stalk shaped bread. Even though my version looks like the tradition counterpart, it is a much simpler dough to work with.

They are a great tear and share bread to have with soups, perfect for a gathering. This recipe will make a couple of Pain'Epi.

Ingredients 250g strong bread flour 3g salt 3g yeast 150g water To coat 50g Sesame seeds	Makes: 2 loaves Preparation time: 1 hour and 20 mins (including proving) Baking time: 20-25 mins
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Method

Mix all of the bread ingredients to make a dough and knead for 2 to 3 mins. Let it prove for 30 to 45mins.

Divide the dough in half and roll each piece to make a long sausage shape. Coat them in sesame seeds and leave to prove on a baking sheet for another 30mins.

Use a pair of scissors to cut into the dough (not all the way through) at a 45 degree angle. Turn each cut part to the alternating sides.

Preheat the oven to 180° C (Fan). Bake for 20 - 25mins or until golden brown.

This bread is great for breaking and dunking in soups.