



Nut Bread

Modified from *Our Daily Bread*, 1970(!)

- 1 envelope (2 1/4 tsp) yeast
 - 1 Tbsp brown sugar
 - 2 Tbsp warm water

 - 1/4 cup sweet butter
 - 1/2 cup sugar (1/4 brown and 1/4 white – or less, if desired)
 - 2 eggs, beaten
 - 3/4 cup warm milk
 - 3 cups flour (mostly brown, some white All purpose or bread flour)
 - 1/2 cup ground flax seeds (some of this can be wheat bran)
 - 1/2 cup nuts, finely chopped – slightly chunky (almonds, walnuts, pistachios, whatever)
1. Dissolve yeast in warm water and brown sugar and let sit in a warm place until fluffy. The water must be warm enough but not hot. This can take 5-15 minutes. If by 20 minutes it's not fluffy, start again.
 2. Cream the butter and sugar and then add lightly beaten eggs. Combine yeast mixture with the butter and add the warm milk and flour. Add dry slowly to the wet.
 3. Beat with a wooden spoon for 3 or 4 minutes. You can also knead the bread with your hands. The mixture should be soft but not too sticky. Add little bits of flour if it's too sticky.
 4. Put the bowl in a pan of quite warm water, cover with a damp towel and let the dough rise about 45 minutes until light - double in bulk.
 5. Beat the dough down with a wooden spoon and knead again for 3 or 4 minutes.
 6. While you're kneading, warm two lightly oiled bread pan.
 7. Form loaves and place the bread in the pans and let rise again until they top the pans.
 8. Put loaves in cold oven, set at 375 and when it reaches the temperature, bake for 20 minutes. Then turn heat down and bake for another 20 minutes.
 9. Let loaves cool a bit before removing from the pans; cool on a wire.