

# Blairs Inn Black Rock Stout Brown Bread

## Ingredients

30g (1 oz.) fresh yeast  
1 generous tsp. treacle (molasses)  
½ pint lukewarm Black Rock Stout  
500g (2 c.) whole meal flour  
1 tsp. salt  
¼ pint lukewarm water  
sesame seeds

## Method

Preheat oven to 200 C/400 F. Grease 9 x 5 in loaf pan with melted butter or oil and dust with white flour.

Crumble yeast into a container. Spoon the treacle/molasses (leave spoon in). Add ¼ pint of lukewarm water. The water should be above body temperature, but not too hot to kill the yeast. Leave aside for 10 minutes to activate yeast.

Heat the stout on the burner, being careful not to boil it. It should be above lukewarm. While this is heating, measure the flour and salt into a large bowl. Mix with your hand, making a hole in the center.

After 10 minutes, the yeast mixture should be frothing at the top. Stir the mixture vigorously and pour into the hole in the center of the flour. Pour the Black Rock Stout into the bowl.

Now it's time to get sticky. Using your hand in a circular motion from the center, mix the flour with the liquid. Mix well, being sure not to leave any dry flour. The mixture should be like warm cement. Pour into the buttered and floured loaf tin. Sprinkle with sesame seeds (fennel seeds work great as well).

Allow to rise in the heat of the kitchen for 5 to 10 minutes, until the dough is nearly level with the lid of the pan. Place in the oven for 40 minutes. Cook for another 5 minutes out of the pan.