

Dear interested party, here is the recipe:

2 cups of rye flour
2 cups of whole wheat flour
2 cups of rolled oats
1 cup of raw sunflower seeds - not roasted or salted
1 tsp salt
3 tsp yeast - dry
800 mls. buttermilk
plus some warm water if needed

Put all the dry ingredients (including the yeast) into a large bowl. Warm the buttermilk and add it. Mix it all up well with a wooden spoon. It should be thick but very sticky. Add some warm water if it looks to dry. Cover or put the bowl and all into a plastic bag, for 30 mins. Then put the mixture into two well oiled bread pans. Cover with a towel and put into the oven on warm for a further 30 mins. Uncover and turn the oven up to 500°F/260°C for just 10 mins. Then lower the temperature to 400°F/205°C and let the bread cook for 40 - 50 minutes - I usually leave it for 55 in my oven and, if you prefer it burnt, I'd recommend you go for longer. Take it out of the tins/pans after a few minutes. It is fairly wet inside until the loaf has cooled.

Good luck.