

Ardfern woman uses her loaf

An Ardfern woman has used her loaf to win the regional breadmaker of the year award.

Jan Brown's Really Seedy Loaf impressed the judges in the Carrs 2005 Breadmaker of the Year Awards, who praised the bread's 'uniform texture' and 'delicate flavour'.

The loaf contains sunflower, pumpkin and sesame seeds, making it very nutritious.

Having baked her own bread for the past six years, Jan cited health and taste reasons for choosing homemade over shop-bought loafs.

She said: 'Living in a rural area like Ardfern you have to travel to buy decent bread, so I make my own.

'Also, I can control exactly what ingredients go into it.'

Jan's bread is unusual in that it is neither sweet nor savoury.

'It's very versatile and you can eat it with just about anything, so I have it for breakfast with marmalade and at lunchtime with cheese,' said Jan, who ran a Fair Trade shop for nine years before retiring.

Caroline Dale, marketing manager for Carrs Flour said: 'Nearly all the entrants in this year's breadmaker awards plumped for either a savoury or a sweet loaf. Several of the judges commented that Jan's loaf straddled the two whilst losing none of its appeal.'

Having won the Argyllshire Breadmaker of the Year title, Jan receives a set of digital scales, a supply of Carrs Breadmaker Flour and automatic entry to the national final. The national winner, wins a trip on the Orient Express to Venice and dinner with celebrity chef Phil Vickery.

Jan's Really Seedy Loaf

Ingredients

1 tsp Doves Farm Quick Yeast	167g Carrs strong white flour
167g Hovis malter granary	166g Carrs wholemeal bread flour
1 tbs white sugar	One and a half tsp salt
25ml olive oil	60g mixed sunflower, pumpkin and sesame seeds
350ml water	

Method

Place all ingredients except seeds in the breadmaker pan in the correct order for your machine. Set machine to 'wheat', 750g, medium crust and press start. At the 'beep' add the seeds.



Jan Brown of Ardfern with her prize-winning seedy loaf.

A man from Lochawe claimed that his father and mother never allowed an argument to be carried over into the next day. 'My father never let the sun go down on his anger,' he said.

However, having thought about it for a moment, he added: 'But he did have some colourful sunsets!'

