

# **Sunflower Millet Bread**

adapted from [\*The Greens Cookbook\*](#) by Deborah Madison with Edward Espe Brown  
makes 2 4 x 8 inch loaves

## **the Sponge**

- 2 cups warm water
- 2 Tablespoons honey
- 2 Tablespoons yeast (or 2 packages)
- 1 cup all-purpose flour
- 1 1/2 cups whole wheat flour

Dissolve yeast and honey in warm water in the bowl of the mixer. Mix in the flours. Beat until mixture is smooth. Allow to sit for 45 minutes. Sponge should be very bubbly when you return.

## **the Dough**

- 1 1/2 cups millet
- 1/2 cup sunflower seeds, hulled
- 3 Tablespoons vegetable oil
- 1 Tablespoon salt
- 3- 4 cups whole wheat flour
- 1 egg (for egg wash on top of bread)

While the sponge is rising, cover millet in hot tap water (not boiling water). Allow to soak until sponge is ready. Pour off excess water and add soaked millet to the sponge along with the sunflower seeds, oil, and salt. Stir to combine. Mix in the flour 1/2 cup at a time until the dough is supple, but not sticky. Knead until dough is smooth and elastic.

### *First rise:*

Form dough into a ball and place in an oiled bowl. Flip the dough ball so that the top of the dough is coated with oil as well. Cover bowl and place in a warm place. Let dough rise until doubled, about 45 minutes.

### *Second rise:*

Punch down dough and reform into a ball to redistribute yeast. Cover and let rise until doubled, about 30 minutes.

*Final rise:*

Preheat oven to 350 degrees. Oil 2 4 x 8 inch loaf pans. Divide dough into 2 even portions. Press one dough ball into an 8 x 6 inch rectangle. Roll along the long side to form a log. Square off at the ends. Place into one of the loaf pans, seam down. Repeat with the other portion of dough. Cover loosely with a floured towel or plastic wrap. Allow to rise 25 minutes. Beat egg with 1 Tablespoon water. Brush over the top of the loaves.

*Bake:*

Bake loaves in the center of the oven for 50- 60 minutes until top is nicely browned. Place pans on a cooling rack and cool for 10 minutes. Slide a knife around the edge of pan and invert to remove loaves. Finish cooling on the rack. Slice and serve. Store any leftover bread in a tightly sealed bag on counter or in the freezer.

## **Simple Egg Salad**

*makes enough for 2 generous sandwiches*

4 hard-boiled eggs, peeled

1/4 cup mayonnaise

salt

freshly ground pepper

*optional additions:*

2 Tablespoons cornichons, chopped

2 Tablespoons parsley, minced

3 Tablespoons celery, minced

hot pepper flakes

Chop the eggs. Mix in any optional additions. Stir in mayonnaise. Season to taste with salt and pepper.

## **Pickled Red Onion**

adapted from [The Greens Cookbook](#) by Deborah Madison with Edward Espe Brown

*makes 2 cups*

1 cup thinly sliced red onion

1 quart boiling water

1/2 cup cold water

1/2 cup rice vinegar

5 peppercorns

1 bay leaf

Place sliced onion in a colander. Pour boiling water over them. Rinse with cool water. Place onions in a pint-sized jar. Add cold water, vinegar, peppercorns, and bay leaf. Seal and place in the refrigerator. Onions will taste best if you let them sit overnight. You may use them after 1 hour though, if you are in a hurry.