

White Fog Bread with Quinoa and Honey

The Newfoundland and Labrador coasts are populated with legions of hospitable home bakers, all making some version of white "fog" bread. The loaf has three distinct sections, which pull apart easily. One piece of the tri-sectional loaf is perfect for a fisherman to pack in his lunch pail. Here is my re-creation of that bread from a description by one of my recipe testers, the late Judy Adam of Woodsville, New Hampshire, who sailed along that coast one foggy summer. The nontraditional addition of cooked quinoa delivers a heap of nutrition, texture, and unique flavor. This is a very moist and chewy loaf. Judy served it toasted with Newfoundland partridgeberry jam.

Yield: Three 8-by-4-inch loaves

1 tablespoon (1 package) active dry yeast
Pinch of sugar or 1 teaspoon of honey
1 cup warm water (105° to 115°)
1 cup warm buttermilk (105° to 115°)
1/4 cup local honey
1/4 cup cold-pressed sesame oil (*not toasted* sesame oil)
2 1/2 teaspoons salt
1 3/4 cups cooked quinoa (following), solid packed
5 1/2 to 6 cups unbleached all-purpose or bread flour

1. In a small bowl, sprinkle the yeast and sugar over warm water. Stir to dissolve. Let stand until foamy, about 10 minutes.
2. In a large bowl with a whisk, or in the work bowl of a heavy-duty electric mixer fitted with the paddle attachment, combine the buttermilk, the 1/4 cup honey, oil, and salt. Add the quinoa and beat until smooth. Add the yeast mixture and 2 cups of the flour. Beat hard until smooth, about 2 minutes. Add the remaining flour, 1/2 cup at a time, until a soft, shaggy dough is formed that just clears the sides of the bowl, switching to a wooden spoon as necessary if mixing by hand.
3. Turn out the dough out onto a lightly floured work surface and knead until firm, yet quite springy, about 3 minutes, adding only 1 tablespoon flour at a time as necessary to prevent sticking. The dough will retain a slightly sticky quality due to the whole grains. Place in a

greased deep container, turn once to coat the top, and cover with plastic wrap. Let rise at warm room temperature until doubled in bulk, 1 1/2 to 2 hours.

4. Turn out the dough onto a lightly floured work surface and divide into 3 equal portions. Then further divide each portion into 3 equal portions. You will have 9 equal portions total. Flatten each portion into a small rectangle and roll up from the long side to form fat squares of dough. Repeat with 2 more portions, fitting the three separate pieces side-by-side to fill the bottom of a greased 8-by-4-inch loaf pan. Flatten the remaining portions to form the other 2 pull-apart loaves. Cover loosely with plastic wrap and let rise in at warm room temperature until doubled in bulk and about 1 inch above the rim of the pans, 1 to 1 1/2 hours. Twenty minutes before baking, preheat the oven to 350°.

5. Bake in the center of the preheated oven the loaves are until brown and sound hollow when tapped, 40 to 45 minutes. Remove from the pans to a rack to cool completely before pulling apart to serve.

To Cook Quinoa

Quinoa is mild-flavored, has the highest percentage of protein of any of the grains, and a soft, yet slightly crunchy consistency.

Yield: 3 to 3 1/2 cups

2 cups water

1 cup raw quinoa, well rinsed

1. In a small saucepan over high heat, bring the water to a rolling boil. Add the quinoa and reduce the heat to the lowest setting. Cover and cook until the water is absorbed and the quinoa is tender, about 15 minutes. Let stand off the heat 10 minutes before eating or set aside to cool and/or chill until using in recipes.