

# Game of Thrones: Tyrion's Oatbread

## INGREDIENTS:

- 1 cup oats
- 1 1/2 cup water
- 1/4 cup warm water
- 2 tbsp honey
- 1 packet dry yeast 7g
- 3 cups bread flour 13oz / 368g
- 1 tsp salt
- 1/4 cup oats lightly toasted
- 2 tbsp unsalted butter room temperature
- 5 large dried dates seed removed, small diced
- 1 medium apple cored and small diced
- 1 cup candied orange peel



## DIRECTIONS:

1. In a sauce pan over medium high heat, bring the 1 1/2 cup of water to a boil. Once it comes to a boil, add the oats and bring it down to a simmer. Cook until oats are cooked through and most of the water has evaporated. Set aside to cool down.
2. Mix together the yeast, flour, salt, and toasted oats in a bowl until combined. In a stand mixer fitted with a hook attachment, mix together the oats, honey, and warm water until combined. On medium low speed, add the dries in in two additions. Mix until it forms a ball of dough. Knead for another 5 minutes. Add a bit more flour if you find the dough too wet.
3. Add the softened room temperature butter and knead on medium speed until well combined, 5 minutes. Add the diced dates, apple, and orange peel. Mix again until well combined, another 5 minutes.
4. Place the dough into a lightly oiled bowl, covered, in a warm area for one hour.
5. Tip the dough into a lightly floured surface. Divide the dough into two equal pieces. Roll each dough into a tight ball. Prepare a brotform bowl by generously dusting it with rice flour. Sprinkle on a small handful of oats and place one ball of dough, seam side up, into the brotform. Cover and set aside for 45 minutes. If you do not own a proofing bowl, line a bowl with a kitchen towel and dust generously with rice flour.
6. Preheat the oven to 450F. Place a cast iron pot, with a lid, into the oven to heat up.
7. Carefully, remove the hot pot from the oven and tip the dough into the pot. Place the lid back on and return it back into the oven. Bake for 10 minutes and remove the lid. Bake for another 15-20 minutes or until golden brown and it sounds hollow when tapped.
8. Allow the bread to cool before slicing and serving.

