

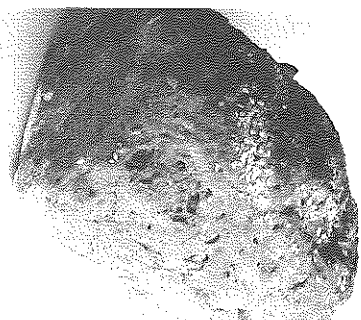


Maree Moulton and son Lachlan in her Canberra kitchen. Photo: Glen McCurtaine

A healthy loaf

- 4 cups unbleached flour
- 2 cups wholemeal flour
- 5 tsp instant dried yeast
- 4 tsp wheatgerm
- 4 tsp linseeds, or a combination of small seeds
- 4 tsp pumpkin seeds
- 4 tsp sunflower seeds
- 1 cup chopped almonds, peanuts or walnuts
- Salt
- 1 cup molasses
- 3 tsp treacle or golden syrup
- 1 1/2 litres warm water
- Olive oil
- Cream, for glazing
- 1 tsp sesame seeds or cracked pepper

Preheat oven to 220C. Mix flours, yeast, wheatgerm, seeds, nuts and salt together in a large bowl. Mix molasses, treacle and warm water together in a jug, add to dry mixture and work together with a spoon or spatula until it forms a dough mound. Knead for five minutes, pat with olive oil, then cover and leave in a warm place, covered, for one hour. Sprinkle a little flour in two bread tins and separate risen dough into two equal parts. Knead each piece of dough for five minutes, then shape and place in tins before allowing it to prove again for about half an hour in a warm place. Glaze with cream and sprinkle with seeds or cracked pepper. Bake for five minutes, reduce heat to 200C and bake for another five minutes. Reduce heat again to 190C and bake a further 20 minutes or until brown on top. Turn loaves out onto wire racks to cool. **Makes two loaves**



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TON'S three children, aged 11, 10 and 8, have left home but they still visit their dad's house in Canberra every week. The

meal is something deliberately done, to teach children manners from an early age and stimulate conversation.

They set the table properly every night - presentation is crucial. It's a skill she began

employment company on the South Coast. At times she would cook lunches for the company's board meetings but her style and focus stayed in the home kitchen. Even if friends drop in for a cup of tea, it's an event. The tea must be drunk with "lovely cups and saucers, and out of a beautiful teapot". She uses porcelain cups, silver teaspoons and ironed servicettes. "It just makes all the difference," she says. "You spend so much of your life eating. You should do it in a way that's dignified and a bit ceremonial."

Often creative with the ingredients, she has been known to add lapsang souchong tea as well as golden syrup. "I just love that smoky flavour of the tea." A few years ago her youngest son, Lachlan, told her how happy it made him to watch her make bread. She says it was a timely reminder of her own memories of food when growing up and how essential it is to the life of the family and a person's emotional make-up. Lachlan, who nominated his mother, says she has an inbuilt instinct for good food and