

Feta, sun-dried tomato and kefir loaf

Eat this loaf with cheese or folds of smoked ham. Essentially a savoury cake, with its nuggets of feta and scent of thyme, it marries well with ripe peaches. And when you come to the end of the loaf, toast it then brush it with a little olive oil. Alternatively, you could use the mixture in muffin cases, making two for each person. Break them open and stuff a piece of parma ham in each as you eat.

Serves 6. Ready in 90 minutes

self-raising flour 250g

bicarbonate of soda $\frac{1}{2}$ tsp

sea salt 1 tsp

sun-dried tomatoes in oil 50g, drained

pumpkin seeds 2 tbsp

thyme leaves 1 tbsp

basil leaves a handful

kefir 250ml

large eggs 2

olive oil 3 tbsp

feta cheese 250g

parmesan 50g, grated

sesame seeds 10g

thyme sprigs 6, to finish (optional)

You will need a rectangular loaf tin about 20 x 10 x 7cm. Line the tin with baking parchment and heat the oven to 180C/gas mark 4.

Put the flour and bicarbonate of soda into a mixing bowl, add the sea salt and mix well. Roughly chop the sun-dried tomatoes and stir into the flour along with the pumpkin seeds.

Roughly chop the thyme and basil leaves. In a bowl, beat together the kefir, eggs and olive oil then pour into the flour and mix thoroughly. Crumble in the feta cheese and stir in the grated parmesan, thyme and basil.

Pour the mixture into the lined baking tin and sprinkle the surface with the sesame seeds and if you wish, a few sprigs of thyme.

Bake in the oven for 35 minutes, then test with a metal skewer. If it comes out clean, the loaf is done. Leave to cool in the tin for a good 30 minutes before turning out and slicing thickly – doing this will give it time to settle. The loaf will keep in good condition for several days in an airtight container.