

Whole Grain Bread

With Malted Wheat Flour

INGREDIENTS	US/Oz	METRIC/g
Active Dry yeast	0.3	8.5
Warm Water	17	482
Honey	1.5	42
Salt	0.4	12
Vegetable Oil	2.0	57
Eggs (3)	3.9	111
Whole Wheat Flour	30.4	863
MALTED WHEAT FLOUR	1.2	35
Vital Wheat Gluten	0.6	16

BENEFITS OF BRIESS INGREDIENTS

Malted Wheat Flour is a natural dough conditioner; reduces proof time, improves volume, enhances browning, softens crumb, natural humectant to extend shelf life

Low fat

Trans fat free

All natural

Kosher certified

Non-GMO

Made in U.S.A.

1. Preheat oven to 350° F.
2. Dissolve yeast in warm water with 1 tablespoon (21g) honey.
3. After it begins to foam, add remaining honey, salt, oil, and three cups (450g) Whole Wheat Flour. Beat by hand 200 strokes to strengthen the gluten.
4. Add one more cup (150g) of flour and beat briefly. This is the sponge.
5. Cover bowl and let rise until doubled, about one hour.
6. Add eggs, vital gluten, Malted Wheat Flour and remaining flour (263g) until a soft dough forms.
7. Knead for 10-15 minutes.
8. Place dough in lightly oiled bowl, cover and rise until doubled, about one hour.
9. Punch down, divide into two pieces and shape into loaves.
10. Place loaves in lightly oiled pans and rise until doubled or one inch above pan edge, about 1 hour.
11. Bake for 35-40 minutes.
12. Remove from pan, cool on cooling rack and lightly butter the top for a soft crust.