Multi Grain Whole Wheat Bread Recipe- for three 775g Loaves

Evening Be	efore Baking						Scalable section	2 loaves
Sponge								
	Ingredient	Ounces	Gra	ams		Details	Minus 33%	Minus 33%
	Whole Wheat Flour	13.8oz		391 gra	ıms		262	
	Water	10.35oz		293 gra	ıms	Use tap water that is very warm, but not too hot to touch	196	15 Cornmeal
	Yeast	0.05oz		2 gra	ıms	I always mix the yeast with a pinch of sugar and warm tap water	1	15 Flax
						I do the yeast first and then when I dump it in, it is usually fermenting		15 Wheatgerm
		>>>> Mix this together, cover with plastic and let it sit overnight.					15 Steel cut oats	
								16 Rolled oats
Soaker								15 Buckwheat
	10 grain mixture (22g	225 grams				151	15 Red Bulgur	
	Water	9.8oz		280 gra	ıms	Use VERY hot water- not quite boiling, but straight from the stove top	188	15 Teff
	Salt	0.31oz		9 gra	ıms		6	15 Sorghum Soak for 3 add'l hours
		>>> Mi:	x this togeth	ner, cov	er with plastic and let it sit overnight.		15 Kamut	
								151 Total weight
Baking Da	V							
Final Mix	•							
	Bread Flour	19.6oz		555 gra	ıms	This can be Bread Flour or any good all purpose flour	372	
	Whole Wheat Flour	5.8oz		165 gra	ıms		111	
	Water	9.8oz		280 gra	ıms	Use tap water that is very warm, but not too hot to touch	188	
	Salt	0.66oz		19 gra	ıms		13	
	Oil	2oz		56 gra		I use Olive oil	38	
	Honey	2oz		56 gra		Use the same measuring cup as the oil and the honey comes out easily	38	
	Sponge		686				460	
	Soaker 514					344		
	Yeast	4 grams				3		
			Total weight >	2335		S < each loaf before baking	1564	782

- 1) Incorporate all into mixer, being careful to add liquids first, then sponge, then soaker, then powders.
- 2) Mix for 3-5 mins and then knead on floured surface for 3-4 mins.
- 3) Form into a ball and place in sprayed bowl.
- 4) Cover and allow to rest for 30-45 mins (Rest 1)
- 5) Take ball out and form into a large thick rectangle on floured surface, fold dough like an letter (into thirds) twice in each direction
- 6) Cover and allow to rest for 30-45 mins. (Rest 2)
- 7) Repeat step 5 (Rest 3)
- 8) Cover and allow to rest for 60 mins (Rest 4)
- 9) Turn dough out and cut into 3 equal portions. Shape dough lightly and place-smooth side up into lightly greased pans
- 10) Slash top lightly to allow to raise and consider lightly dampening the top and sprinkling with grain mixture
- 11) Cover lightly with plastic wrap and allow to rest for 30 mins (Rest 5)
- 12) Preheat oven to 357 degrees and bake for 56 minutes

Mix and Rest 1	45 mins			
Stretch and Rest 2	45 mins			
Stretch and Rest 3	45 mins			
Stretch and Rest 4	45 mins			
Loaf and Rest 5	60 mins			