

Hearty Multigrain Bread

2 loaves, 1 ³/₄ lbs each

Ingredients

1 tablespoon rapid rise yeast
3 cups whole-wheat flour
2 ¹/₂ - 3 cups bread flour
¹/₂ cup 6 grain cereal mix
¹/₄ cup 9 grain cracked cereal mix (soaked for 30 minutes in ¹/₄ cup boiling water)
2 cups water (room temperature)
2 tablespoons honey
¹/₄ cup oil

Method

Mix the flours together. Add the yeast and mix well, then add the salt. Be sure to add the salt and yeast separately. If they are not mixed into the flour well before the liquid is added, the salt will retard the action of the yeast and your bread will not rise well.

Mix together the liquids and the cereals. Add them to the flour mixture and stir until you have a cohesive dough.

Turn the dough out onto a lightly floured board or countertop and knead for about 8 minutes. You will know the dough is ready when you begin to feel it stiffen. Poke it with your index finger. If the indentation springs back slightly, you have kneaded enough.

Lightly grease a bowl that is at least twice as big as your dough. Place the dough into the bowl and turn it so that the top is greased. Cover and let rise for about one hour, until the dough has doubled in size.

Preheat oven to 425 degrees F.

Turn dough out onto the lightly floured board. Divide it into halves and shape your loaves. Flatten the halves into rectangles about 4 inches by 6 inches. Fold them in thirds. Let them rest for 5 minutes, then roll them up starting at a narrow end to form a loaf that is the size of you pan.

Bake for 15 minutes at 425 degrees, then decrease the temperature to 325 degrees and bake for 20 - 30 more minutes, or until the internal temperature is 180 degrees. You can use an instant-read thermometer to measure this.

Try to let it cool for 20 minutes before slicing.