

Multi-Grain Artisan Bread with Hi-maize® 260

Offers 5 grams of fiber per serving

Ingredients	Measurements
A.	
King Arthur Harvest Grains Mix*	1/2 cup
Water, warm	3 2/3 T
Sea Salt	1/4 tsp
Bread Flour	2/3 cup
Whole Wheat Flour	1 1/3 T
Water	1/2 cup
SAF Instant Yeast	1/2 tsp
Sea Salt	1/2 tsp
Wheat Germ	1/2 tsp, heaping
Hi-maize® 260	1/3 cup, packed
B.	
Whole Wheat Pastry Flour	2 1/4 tsp
AP Flour	2/3 T
Medium Rye Flour	1/8 tsp
Water	1/2 T
Sea Salt	1/3 tsp
SAF Instant Yeast	1/2 tsp

* King Arthur Harvest Grains Blend contains: oat berries, wheat flakes, sunflower seeds, sesame seeds, millet, flax seeds, and poppy seeds.

PREPARATION

makes a 1 pound loaf of bread

1. Pre-soak the multi-grain mix in warm water with salt overnight at room temperature. (If not used in 24 hours, refrigerate.)
2. Blend part B in a KitchenAid® for 2 minutes on medium-low and 4 minutes on high.
3. Form the dough into a ball, spray lightly with oil and wrap it in plastic wrap. Set aside and allow to proof at room temperature. After 30 minutes fold by gently stretching the dough folding over twice, repeat. Rewrap in plastic wrap and refrigerate for an additional 30-60 minutes. Fold again with same procedure.
4. Wrap up in plastic wrap and refrigerate for 24 hours. For longer storage, freeze.
5. After 24 hours, blend ingredients in part A until uniform.
6. Add the dough from part B to part A and mix 4-6 minutes on high speed.
7. Proof for about 1 hour and 30 minutes.
8. Scale into units if smaller loaves desired, round and shape, roll the loaves into the grain mix and rest for 20 minutes.
9. Score dough and bake in a convection oven at 450°F for 35-40 minutes.

Note-The Nutrition Facts panel above is based solely on the formula shown and does not account for any changes that may occur processing or baking.

The information given is offered in good faith, but without guarantee. No patent liability is assumed.