



Beginner's Fresh Milled Bread Dough

A beginner-friendly fresh milled bread dough with increased hydration and a no-wait yudane method for soft, sliceable whole grain bread.

Recommended pan: 8.5 x 4.5" Loaf Pan

Ingredients

- 400 g wheat berries, hard

DR. MEL'S QUICK NO-WAIT YUDANE

- 40 g water, boiling
- 20 g flour, any (from the milled flour)

REMAINING INGREDIENTS

- 265 g water, cold
- 8 g sea salt
- 8 g yeast
- 8 g lemon, juice

Directions

1. Mill wheat berries on the finest setting.
2. Make the Yudane: Quickly mix 20 grams of flour from step 1 with 40 grams boiling water until a paste forms.
3. Pour the COLD water over the hot yudane and stir. This will immediately cool down the yudane so we don't kill our yeast.
4. Add the remaining flour, and mix until combined.
5. Let the dough rest 10-15 minutes for the dough to hydrate.
6. Add yeast, salt, and lemon juice.
7. Mix until the dough is smooth, elastic, and passed a windowpane test. If the dough feels too dry, drizzle in water very slowly while kneading.
8. Let the dough rise until almost doubled in size.
9. Gently fold the dough to even out the dough temperature.
10. Preheat oven to 420 F.
11. Shape into a loaf with a taut skin, and place in a greased or parchment lined 8.5 x 4.5" bread pan.
12. Let the dough rise until it springs back slowly when pressed with a wet fingertip.
13. Place pan in oven, and bake for 30 minutes.
14. Bake until the center of the loaf reaches a temp of 190 F.
15. Typical bake time 30-45 minutes.
16. Remove loaf from pan and cool completely on a rack (about 3 hours) before slicing.

Notes

Equipment

- [grain mill](#)

- [digital scale](#)
- [mixing bowl or mixer](#)
- [8.5 x 4.5 inch loaf pan](#)
- [instant-read thermometer](#)

Storage

- Counter: 2–3 days
- Refrigerator: hot or humid environments
- Freezer: slice and freeze for best texture

Why This Recipe Works for Beginners

- Hydration was adjusted to account for whole grain flour
- Yudane locks moisture into your bread
- Dough without sugar bakes best at higher temps
- Thermometers prevent over-baking (and crumbly bread)
- This loaf is forgiving, not fancy, and can be adapted in many ways.

