



Cinnamon Raisin Bread

You can change out ingredients for others in the same category - liquids included. My cinnamon swirl bread is great because I use local apple cider in place of water or milk.

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 apple cider (NOT apple cider vinegar)
- 8 g sea salt
- 10 g yeast
- 8 g lemon, juice
- 50 g syrup, date (optional)
- 165 g raisins
- 7 g cinnamon, ground (~ 1 tbsp)

EGG WASH:

- 50 g egg, whole (1 egg)
- 12 g water (1 tbsp)

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, lower the temperature to 375 F, and bake for 40 minutes.
14. Check the temperature of the absolute middle of the loaf with a digital instant read thermometer. Bake until the center of the loaf reaches a temp of 200 F.
15. Typical bake time 45-60 minutes.

16. Remove loaf from pan and cool completely on a rack (about 3 hours) before slicing.

Notes