



# White Chocolate Cranberry Italian Bread

An enriched, no sugar bread dough with a hint of sweet thanks to adding white chocolate, cranberries, walnuts and a hint of date syrup.

## Ingredients

- 320 g wheat berries, hard
- 100 g wheat berries, Durum

### DR. MEL'S QUICK NO WAIT YUDANE

- 50 g water, boiling
- 25 g flour, any (from milled flour)

### REMAINING DOUGH INGREDIENTS

- 325 g milk, whole
- 50 g egg, whole (1 egg)
- 25 g extra virgin olive oil
- 12 g yeast
- 10 g sea salt
- 10 g lemon, juice (or 1/8 tsp vitamin c (optional))

## Directions

1. Mill the Flour
2. Mix 25 grams of the milled flour with 50 grams of the boiling water until it forms a paste.
3. Add everything except the salt and yeast to the mixing bowl, and mix with wire whip (whisk) for 3 minutes on highest speed.
4. Let the dough rest 15 minutes to absorb the liquid from the recipe.
5. Mix for another 1-2 minutes with the whisk until it climbs them, and if needed mix with the dough hook until the dough is smooth and shiny and cleans the bowl.
6. Adding the mix-ins:
7. Spread the dough out onto an oiled board.
8. Sprinkle the chopped walnuts, cranberries, and white chocolate over the dough
9. Lightly drizzle some date syrup over the mixins, then fold the dough over them from the edges, like an envelope. Fold the dough over itself again, and then roll it up into a ball (boule).
10. Preheat the oven to 425 F.
11. Let the dough rest for 15 minutes.
12. Do a set of stretch and folds, gently, to give the dough some structure.
13. Turn out the dough onto parchment.
14. Baking:
15. Place the dough and parchment onto a baking stone, and spray the bread freely with water. Place a few ice cubes into the oven, and close the door. Immediately drop the temp to 375 F.
16. Bake for 30 minutes.
17. If the crust is getting too dark, cover it with a foil tent. Drop the oven temp to 375 F and bake for another 25 minutes or more.
18. Remove the loaf when the absolute middle of the loaf reaches 210 F.
19. Let cool on a baking rack for 3 hours before slicing, or your crumb will be gummy.

20. Keep cut side down on the counter, or store in a paper bag if you want the crust to remain crusty.

#### **Notes**