



Whole Grain Honey Oat Bread

This bread uses prepared oatmeal instead of yudane, and the spices give a mild chai type of flavor. It is soft, bendy, moist and delicious.

Recommended pan: 9 × 5" Loaf Pan

Ingredients

- 510 g wheat berries, hard
- 365 g water, cold
- 25 g honey
- 200 g oat groats, rolled (1 cup oat groats rolled)
- 240 g water, boiling (1 cup)
- 12 g yeast
- 10 g sea salt

Directions

1. Prepare the Oatmeal: Combine rolled oats with boiling water, allowing them to soak up the liquid.
2. Mixing the Dough: In a large mixing bowl, mix water, prepared oatmeal, optional spices, and honey with the hard wheatberries flour until well combined. I mix for five minutes, and let the mixture rest for 10 minutes.
3. Incorporate Yeast and Salt: Add instant yeast and sea salt to the dough mixture. Knead until the dough achieves a smooth, elastic consistency—a hallmark of well-developed gluten.
4. First Rise: Cover the dough and let it rise in a warm place until doubled in size.
5. Shaping and Second Rise: Shape the dough into a loaf and place it in a 9x5 bread pan. Allow it to rise again until it reaches just above the rim of the pan.
6. Baking: Preheat your oven to 375°F (190°C). Bake the bread for approximately 35 minutes or until the crust turns lightly golden. Then, lower the temperature to 330°F (165°C) and continue baking until the internal temperature of the bread reaches 190°F (88°C).

Notes