

CRACKED WHEAT BREAD

Yields 4 - 16" loaves. A more nutritious version of French Bread.

- 4 cups water
- 5 T oil
- 1 T salt
- 1 T sugar
- 1 small egg beaten
- 2 cups cracked grain*
- 4 cups whole wheat flour**
- 5 ½ cups all purpose flour
- 3 T SAF Yeast
- Cornmeal

Place water, oil, salt, sugar, cracked grain and whole wheat flour into Bosch bowl. Attach dough hook and splash ring. Begin kneading on low speed. While kneading, sprinkle with yeast, and then add the all purpose flour, one cup at a time. This is a very stiff dough, so knead for 9 minutes to develop the gluten. Remove dough from Bosch bowl onto a floured counter. Divide dough into 4 even pieces. Using a rolling pin, roll out each piece on the floured counter. Beginning at one end, roll up as you would a jelly roll, stretching as you roll. Pinch edge and ends together. Place seam side down on a large cookie sheets, sprinkled with cornmeal. Cut 3 deep slits 1/4" deep diagonally across each loaf. Cover and let rise until about more than double. Brush with beaten egg or glaze of your choice. Bake at 350°F for 25-30 minutes until golden brown. Remove from oven and cool on racks.

* You can use cereal, rolled oats or any grain crushed in your blender

** This recipe uses freshly milled flour.

Tip: This recipe can also be used to make garlic bread. Cut finished loaf lengthwise. Brush on blended oil and garlic on the cut surface. Broil 3-4 minutes until golden. Serve warm. (optional: add finely shredded cheese and paprika).

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