

WHOLE WHEAT BREAD BOWLS

YEILD: 6 Soup Bowls

4 cups warm water (approx 115 degrees)
3 Tbsp barley malt
2 cups wheat flour (freshly ground) (additional flour will be needed)
2 cups high gluten flour
2 Tbsp Dough Enhancer
2 Tbsp salt
2 Tbsp Saf Instant Yeast (or other instant yeast)

Add ingredients to Bosch bowl. Mix thoroughly. Continue adding whole wheat flour until mixture cleans sides of bowl. Knead on speed one for 6-8 minutes or until gluten is developed. Put lid on bowl and let dough sit for 15 minutes. Jog "M" (momentary) switch to knock dough down. Dough hook should turn 5 revolutions. This is called "pestering" the dough.

Replace lid and repeat pestering process again. After pestering is completed, shape dough in rounds and place on parchment lined cookie sheet. Slash tops of bowls. Rise until doubled. Brush with egg and bake in preheated 350 degree oven for 25-30 minutes or until internal temperature reads 200 degrees.

Cut small piece off top of bread bowl. Using fork, hollow out inside. Be careful not to punch a hole through sides or bottom.

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