



MULTIGRAIN CEREAL BREAD

ingredients

- 1/2 Cup multi-grain mixture (plus optional 1 tablespoon for topping, set aside)
- 1 Cup Water
- 6 Tablespoons butter
- 1/4 Cup honey
- 2 teaspoon salt
- 2 packages or 1 tablespoon yeast
- 2 eggs
- 1 egg yolk (for optional topping)
- 5 cups unbleached flour

directions

- Heat oven to 375°F.
- In a small saucepan combine your multi-grain mixture, add water, and cook for 10 to 15 minutes or until you reach a cereal consistency. Stir in butter, honey, and salt until creamy. Cool until lukewarm.
- In a large mixing bowl combine two cups of flour and yeast. Add the warm cereal mixture and eggs. Beat at low speed, scraping the sides of the bowl until mixture is combined, then beat for about 3 minutes at high speed.
- Dust the counter with flour and knead, add up to two and a half cups of unbleached flour until the dough is smooth and elastic, about 5 to 8 minutes. Place in a lightly greased bowl, coating the loaf on both sides. Cover and let rise in a warm place until doubled in size, usually about an hour.
- Turn out the dough on a lightly floured surface. Divide and shape into two loaves and place in greased loaf pans or on a pizza stone. Cover, let rise in a warm place until doubled, about 50 to 60 minutes.
- Bake for 30 minutes or until golden brown.



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tips

- If you have stone countertops it may be too cold in the winter months, use your oven for proofing. Turn the oven to the 200 degrees and turn it off. Place the dough inside and let the rise. If you live in a dry climate, boil some water in an oven safe pan and place in the oven with the dough. Another option is a seed warmer or a microwavable rice/corn bags to ensure warmth and decrease the rising time.

options

- To give your bread to more finished look, combine one egg yolk with one tablespoon of water brush the top of the loaves and sprinkle with your Multi-Grain mixture.