



Rustic Whole Wheat Bread

Jacob · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

1 hr 5 mins

Description

Much quicker than the usual recipes this rustic whole grain bread recipe can be ready to eat in a little over an hour Easy quick and delicious

Ingredients

— - 3 cups all-purpose flour - 3 cups whole wheat flour - $\frac{1}{4}$ cup brown sugar - 2 tablespoons instant yeast - 1 $\frac{1}{2}$ teaspoons salt - 3 $\frac{1}{2}$ cups warm water (110 to 120 degrees F) - 2 tablespoons vegetable oil

Instructions

1. Stir together all-purpose flour
2. whole wheat flour
3. brown sugar
4. instant yeast
5. and salt in the bowl of an electric mixer fitted with a dough hook attachment. Whisk together water and oil in a cup; pour into flour mixture. Mix on low speed until dough pulls away from the sides of the bowl into a ball. Turn dough out onto a lightly floured surface; knead just until dough is smooth
6. about 1 minute. Divide and shape dough into 3 balls for small loaves or 2 balls for larger loaves. Dust loaves with flour and place onto a baking sheet. Cover with a towel and let rise until doubled in size
7. about 25 minutes. Preheat the oven to 375 degrees F (190 degrees C). Slash an "X" about 1/4-inch deep in tops of loaves with a sharp knife. Bake in the preheated oven until loaves are golden brown and sound hollow when tapped
8. about 25 minutes. Remove from the oven; transfer loaves to a wire rack to cool completely. Cook's Note For extra depth
9. substitute 1/2 cup of whole wheat flour for 1/2 cup of quick oats. The number of servings is dependent upon the thickness of the slices. I recommend making three loaves the first time.