

Everyday Whole Wheat

This is the 50% whole wheat bread that serves as the standard by which others are judged. It is full flavored but not bitter and the crumb is soft but holds together well. It is quite a treat out of the oven or toasted the next day. Ingredients

Two Loaves	Ingredient	One Loaf
4 ¼ cups, 578 g	Bread flour, 53%	2 cups plus 2 Tbsp, 289 g
4 cups, 520 g	Whole wheat flour, 47%	2 cups, 260 g
1 ½ Tbsp, 14 g	Yeast, 1.3%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Kosher salt, 2%	½ Tbsp, 7 g
¼ cup, 50 g	Sugar, 5%	2 Tbsp, 25 g
¼ cup, 55 g	Oil, 5%	2 Tbsp, 28 g
2 ½ cups, 613 g	Milk, 56%	1 ¼ cup, 306 g
1 cup, 237 g	Water, 22%	½ cup, 119 g

In a large bowl or plastic container mix the all purpose flour, whole wheat flour, salt, yeast, sugar and oil. Place the milk and water in a microwaveable bowl and heat to 105-115 degrees. Add milk and water to the flour mix and stir with a large spoon until well mixed. Allow to rise at room temperature in a draft-free area for 2 hours then refrigerate or refrigerate immediately and wait at least 12 hours before using.

To bake in a loaf pan, spray a 4.5 x 8.5 inch pan(s) with nonstick spray, then sprinkle the pans heavily with cornmeal. Turn the oven to 450 degrees. Take half the dough (if making a two loaf batch) and on a floured surface fold the dough a few times. Form the dough into a 8 by 12 inch rectangle, then fold from the short side into thirds, as if folding a letter for a business envelope. Fold the ends under a bit then roll and pull into a cylinder 7-8 inches long. Place in the loaf pan(s) then cover loosely with plastic wrap and allow to rise for 30-45 minutes at room temperature while the oven warms up. Remove the plastic wrap then slide onto the baking stone. Turn the oven down to 400 degrees and bake for 45 minutes then remove to a wire rack to cool.

To make a round hearth loaf, preheat the oven, baking stone and steam pan to 450 degrees. Cover a peel or baking sheet with parchment paper. Take half of the dough (if making a two loaf batch) and on a floured surface fold the dough a few times. Shape the loaf into a ball, pulling the surface dough down to the bottom of the loaf to create surface tension on the dough. Set the ball on the parchment covered peel or baking sheet, cover loosely with plastic wrap and allow to rise for 30-45 minutes at room temperature while the oven warms up. Remove the plastic wrap, score the loaf, then slide onto the baking stone. Place a cup of water into the steam pan and turn the oven down to 400 degrees. Bake for 45 minutes then remove to a wire rack to cool.