

Oatmeal Pecan Loaf

Two Loaves	Ingredient	One Loaf
2 cups, 160 g	Old Fashioned Oats, 20%	1 cup, 80 g
2 cups, 474 g	Water, 59%	1 cup, 237 g
4 cups, 544 g	Bread flour, 68%	2 cups, 272 g
2 cups, 260 g	Whole wheat flour, 32%	1 cup, 130 g
1 ½ Tbsp, 14 g	Yeast, 1.7%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Kosher salt, 2.6%	¾ Tbsp, 11 g
¼ cup, 55 g	Oil, 6.8%	2 Tbsp, 28 g
1/2 cup, 170 g	Maple syrup, 22%	¼ cup, 85 g
1 ¼ cup, 306 g	Milk, 38%	½ cup plus 2 Tbsp, 153 g
1 cup, 84 g	Pecans, coarsely chopped, 10%	½ cup, 42 g

Combine the oatmeal and 2 cups water. Cook until starting to steam but not boil (about 2 minutes on high in the microwave) then set aside to cool. In a large bowl, combine the flours, yeast, salt and pecans. Make a well in the middle and add the oil and maple syrup. Stir the milk into the water and oatmeal mixture and check the temperature. Allow to cool to 110-120 degrees or warm slightly to that range. Stir into the other ingredients until well mixed. Cover and allow to rise at room temperature for about 2 hours then refrigerate OR refrigerate immediately and wait at least 12 hours prior to using the dough.

Spray a 8 ½ x 4 ½ inch loaf pan with nonstick cooking spray then sprinkle the sides and bottom generously with cornmeal. Divide the dough in half then shape into loaves and place in loaf pans. Cover pans with plastic wrap and allow to rise at room temperature for 30-45 minutes.

Preheat oven to 450 degrees. Place loaves in oven and turn down to 400 degrees. Bake for 45 minutes then remove to a wire rack to cool. Allow to cool completely before cutting.