

## Walnut Wheat Bread

This loaf is wonderful eaten plain or with cheese. If you're in a hurry, the wheat berries may be left out without much loss in flavor. Likewise, canola oil may be substituted for the walnut oil, and English walnuts for the black walnuts, but I prefer the stronger flavor of black walnuts for this bread.

### Soaker

Two Loaves	Ingredient	One Loaf
2/3 cup, 113 g	Wheat berries, 11%	1/3 cup, 57 g
2 cups, 474 g	Water, (47%)	1 cup, 237 g

Heat 2 cups (1 cup for one loaf) of water to boiling then dump over the wheat berries. Allow to soak for several hours then drain.

### Dough Ingredients

Two Loaves	Ingredient	One Loaf
4 cups, 544 g	Bread flour, 54%	2 cups, 272 g
3 1/2 cups, 455 g	Whole wheat flour, 46%	1 3/4 cups, 228g
1 1/2 Tbsp, 14 g	Yeast, 1.4%	3/4 Tbsp, 7 g
1 1/2 Tbsp, 21 g	Salt, 2%	1/2 Tbsp, 11 g
1/4 cup, 28 g	Wheat germ, 3%	2 Tbsp, 14 g
1/4 cups, 36 g	Cornmeal, 4%	2 Tbsp, 18 g
2/3 cup	Wheat berries	1/3 cup
1/4 cup, 55 g	Walnut oil, 6%	2 Tbsp, 28 g
2 Tbsp, 43 g	Honey, 4%	1 Tbsp, 22 g
1 cup, 84 g	Black walnut pieces, 8%	1/2 cup, 42 g
3 cups, 711 g	Water, 71%	1 1/2 cups, 356 g

In a large bowl, mix the bread flour, whole wheat flour, yeast, salt, wheat germ and cornmeal together. Stir in the drained wheat berries, walnut oil, honey, walnut pieces then water 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 to use dough.

Remove the dough from the refrigerator and divide in half (if making two loaves). Form each half into a boule or batard and place on parchment paper on a peel or cutting board. Cover lightly with plastic wrap and allow to rise for 30-45 minutes at room temperature while the oven warms up.

Meanwhile, preheat the oven, baking stone and steam pan to 450 degrees. Uncover the loaves, score and slide onto the baking stone. Turn the oven down to 400 degrees and pour 1 cup of hot water into the steam pan. Bake for about 45 minutes, until the top is lightly browned. Remove loaves and cool on a wire rack.